BRANGELINA WEDDING 'SOON'

BRAD PITT SAYS THE KIDS ARE PUTTING PRESSURE ON HIM TO GET MARRIED PAGE 28

VANCOUVER metro ®

Wednesday, November 28, 2012

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A call for free HIV drugs

Access to treatment.

Researchers urge Ottawa to take action after study shows decrease in infection

Researchers in British Columbia are calling for a national strategy to provide free access to HIV treatment after publishing a study that indicates universal antiretroviral drug coverage dramatically cuts new infections.

A team of researchers at the B.C. Centre for Excellence in HIV-AIDS examined rates of new HIV infections in B.C., Ontario and Quebec for more than a decade, and compared them with the number of patients on antiretroviral treatment.

The lowest rate of new infection was in British Columbia, where free access has meant that nearly half of all HIV patients are on a treatment known as highly active antiretroviral therapy.

What's more, the study found a 10 per cent increase in the number of patients on the therapy led to an eight per cent decrease in new infections. That's because patients on antiretroviral drugs are far less likely to transmit HIV through unprotected sex, needles and even between a pregnant mother and her fetus.

But researcher Dr. Julio Montaner says provinces that don't offer fully subsidized access to the drugs, instead requiring deductibles and co-payments, have fewer patients taking the medication and, consequently, more infections.

He notes a disproportionate number of HIV patients are homeless or suffer from drug addiction or mental illness, increasing the need to ensure treatment is easy to access.

"Many people infected by HIV have many challenges to be concerned about, whether it's homelessness or mental health or addiction or isolation," Montaner said in an interview Tuesday.

"They have competing, urgent priorities that make it impossible for them to address their HIV." THE CANADIAN PRESS

Treatment-as-prevention

- Montaner has long advocated a strategy known as treatment-as-prevention, pointing to data that shows treatment not only improves the lives of patients and prevents new infections, but also saves governments money in health-care costs.

Dr. Julio Montaner in his Vancouver lab in 2010. While health care is a provincial issue, the researcher says Ottawa should press for a national strategy on expanding free coverage of HIV treatment. JENNIFER GAUTHIER/METRO FILE

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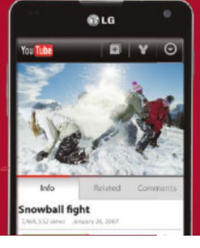

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Lawsuit

John Furlong sues journalist for defamation

John Furlong filed a defamation suit Tuesday against journalist Laura Robinson and the Georgia Straight for publishing a story in September alleging he abused First Nations students at a Burns Lake Catholic school in the late '60s.

John Furlong
JEFF HODSON/ METRO FILE

His lawyer Marvin Storrow has enlisted top litigation firm Hunter Litigation Chambers to help represent the 2010 Olympics organizer.

The notice of claim filed in B.C. Supreme Court names Georgia Straight publisher Daniel McLeod, editor Charlie Smith and the Vancouver Free Press Publishing Corp. as defendants.

Furlong categorically denied all the allegations after the story was published on Sept. 27. Robinson promised to countersue Furlong for questioning her research and ethics.

Robinson's story was allegedly backed up by sworn affidavits signed by eight of Furlong's former students, but the affidavits have not been made public.

Storrow's office could not release the contents of Furlong's defamation claim Tuesday, because it had not been processed by the court. The contents of the suit are not expected to be released until Wednesday at the earliest.

Furlong had no comment for media Tuesday but has said the suit will seek a retraction, full apology and substantial monetary damages.

KATE WEBB/METRO

Full buses leave behind about 2,000 people daily at Commercial-Broadway station during the morning rush. JENNIFER GAUTHIER/METRO

Underground transit to UBC needed: City

Broadway. Ground-level light rapid transit won't suffice along busiest bus corridor in North America, council's transportation staff says in a report

EMILY JACKSON
emily.jackson@metronews.ca

Broadway needs rapid transit to serve two of the province's busiest centres, and it's gotta go underground all the way to UBC.

That's the hard sell Vancouver city council heard from its top transportation staff Tuesday in a report that spelled out why ground-level light rapid transit just won't work along the busiest bus corridor in North America.

If the city builds cheaper-to-install LRT west of Arbutus on Broadway, it would remove 90 per cent of parking, restrict turning at 90 per cent of intersections, narrow the sidewalks and chop trees.

"In fact, the entire corridor would have to be rebuilt from building face to building face," city director of transportation Jerry Dobrovolny said.

The detailed arguments against LRT come at a time when TransLink is studying potential transportation projects across the region. TransLink expects to present its options early next year, then start regional dialogue over who gets the funding for what.

But any option other than an underground line, to be completed in stages with the first portion stopping at Arbutus, will not meet the transportation needs along Broadway if Vancouver wants to meet its green city goals and get more people out of cars, Dobrovolny said.

Central Broadway is the second largest employment centre in B.C., and if students are included, UBC is the third busiest. (Downtown Vancouver has the top spot.)

One hundred thousand commuters already pack into buses along the corridor daily, with 2,000 passengers left behind at the Commercial-Broadway station every morning rush hour.

UBC is encouraged that council wants to build a transit line to the university, but it will not fund the line in the way YVR did with the Canada Line, said vice-president of communications Pascal Spothelfer. The university would, however, consider contribution to a station. (A single station can cost $50 million.)

Yet UBC isn't opposed to an LRT or other methods of above-ground transit.

"Our concern is if we disregard any other technology, we limit our options," Spothelfer said. "What happens if that funding envelope is not big enough?"

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Projected costs to build a tunnel from UBC to VCC-Clark station would cost at least $2.8 billion.

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PoCo fights bullying with bylaw

Be Someone.
Educational penalty part of several initiatives in anti-bullying campaign

PHYLICIA TORREVILLAS
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Port Coquitlam is standing up to bullies as it looks to pass B.C.'s first anti-bullying bylaw.

The bylaw, which will impose fines ranging from $200 to $2,000 on bullies, is based on one that exists in Regina that makes it an offence to bully someone in public, or in a written or electronic manner, and will only be implemented by the RCMP.

"If a person doesn't want to pay the fine, they can take a course that we've certified and when they complete it we'll rip up the ticket," PoCo Mayor Greg Moore told Metro on Tuesday. "I really do believe that a lot of bullies are looking for help and this is just their way of acting out.… We need to get them on the right course and to stop their bullying tendencies."

The bylaw, which comes before city council Dec. 10 and would take effect early next year, is part of the "Be Someone" campaign created by PoCo businessman Gary Mauris.

Life cut short

Todd would have celebrated her 16th birthday the day of the campaign launch Tuesday.

"When I saw Amanda Todd's YouTube video and saw her very last slide — 'I have nobody. I need someone' — it tore my heart out. I remember instinctively saying, 'I am someone and I can make a difference,'" he said.

The program contains several initiatives, including a bullying text-messaging platform, a web portal, a community awareness campaign, and a Snowflake fundraising walk.

Businesses and community facilities have also shown their support by placing I Am Someone decals on their windows.

"It's like the old block watch, so if you're a teen or young adult and you're being chased, picked on or you come off the bus and feel threatened, you can walk into one of our community businesses and they will make you feel welcome," Mauris said.

Amanda Todd's hometown of Port Coquitlam is looking to pass a bylaw that would provide the "offender" with education through an anti-bullying course or with the option of paying a fine. YOUTUBE.COM

Appeal court ruling protects sperm-donor identity

Olivia Pratten poses for a photo outside the B.C. Supreme Court in Vancouver, Wednesday. The B.C. Court of Appeal has thrown out an earlier decision that sided with Pratten, a woman who wanted to know the identity of her sperm-donor father. JONATHAN HAYWARD/THE CANADIAN PRESS

A woman who wanted to know the identity of her sperm-donor father is taking her case to Canada's top court after the B.C. Court of Appeal threw out an earlier decision that sided with her.

Olivia Pratten wanted offspring like herself to be treated the same as people who are adopted, and argued that the B.C. government should change its laws accordingly.

But the appeal court ruled Tuesday there is no legal right for offspring to know their past and providing such information would amount to state intrusion into many people's lives.

"It's very disappointing," Pratten said of the appeal court ruling.

"All we were asking for is the same benefits of adopted people. They've basically said, 'No, you can't have that.' And they've basically said that it's OK for the government to discriminate. It's failing to protect the health and safety of donor-conceived people, that's what this court has done. We'll be appealing it to the Supreme Court of Canada."

The appeal court concluded that contrary to Pratten's argument, it is not her constitutional right to know her biological past.

Initial ruling

In May 2011, a B.C. Supreme Court judge agreed with Pratten, saying people who are deprived of their genetic backgrounds suffer psychological harm.

"There are many non-donor offspring who do not know their family history or the identity of their biological father because of decisions taken by others, or because of the circumstances of their conception," Justice David Frankel said in the written ruling on behalf of the three judges.

"However desirable it may be that persons have access to information about their biological origins, Ms. Pratten has not established that such access has been recognized as so 'fundamental' that it is entitled to independent constitutionally protected status under the Charter," the ruling said.

THE CANADIAN PRESS

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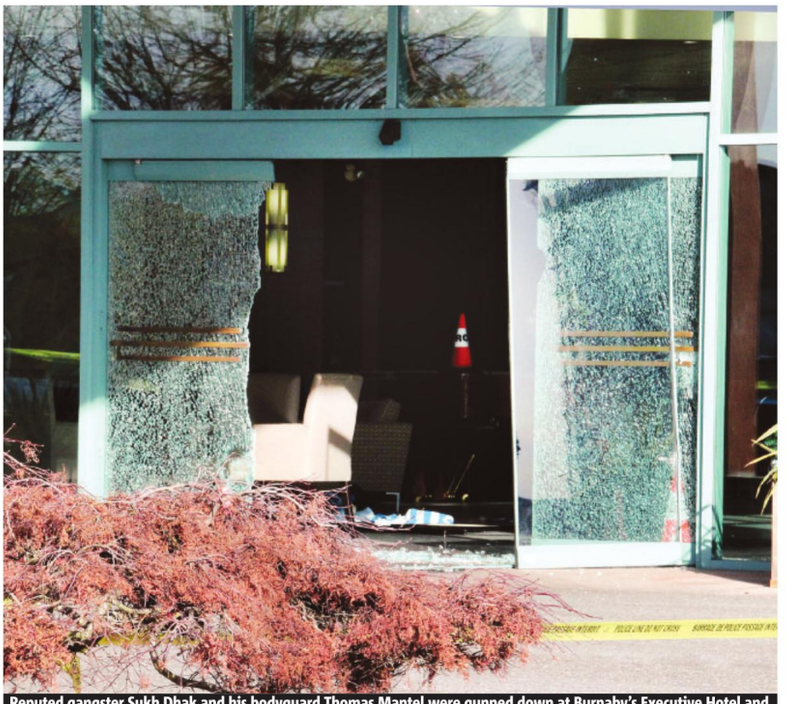

Reputed gangster Sukh Dhak and his bodyguard Thomas Mantel were gunned down at Burnaby's Executive Hotel and Conference Centre Monday. SUBMITTED

Retaliation will follow hit on Dhak: Expert

Burnaby shooting. 'Top-notch' foes may take their time to plot counterattack, says SFU director of criminology

EMILY JACKSON
emily.jackson@metronews.ca

The question isn't whether there will be retaliation for reputed gangster Sukh Dhak's murder — it's when, says a criminology professor.

Dhak and his bodyguard Thomas Mantel were shot dead in a targeted hit at a Burnaby hotel at around noon Monday, police confirmed Tuesday.

Any slaying causes a disturbance in the Lower Mainland's organized-crime scene, said SFU director of criminology Robert Gordon, but the public shouldn't expect an immediate onslaught of violence.

"They're getting much more professional about taking out their foes and taking their time doing it," Gordon said. "These folks are top-notch players."

Police put out a warning a year ago that the Dhak group and its allies the Duhre group were at risk for violent retaliation.

The nature of the slaying — no bystanders were injured and the suspects made a clear getaway — adds to the pattern of calculated revenge that has emerged over the past dozen shootings, Gordon said.

It may seem brazen for gangsters to kill in daylight, but it's simply about using windows of opportunity, he said, adding that the more skilled and accurate they are, the more terrifying they become to opponents.

"It's one thing to be gunned down by a bunch of young people wildly shooting. It's another thing to be taken out in a very professional matter by someone who knows what they're doing," Gordon said. "This isn't street gangs, this is organized crime."

And it's all about the illegal-drug business.

Dhak was to appear in court Tuesday on charges of drug trafficking related to an ecstasy lab in East Vancouver.

The hit on Dhak was less likely about revenge than with shutting down his business and removing him from the scene, Gordon said.

"Either that or because he was going to blab when he got into court," Gordon said.

Quoted

"This isn't street gangs, this is organized crime."

Robert Gordon, director of criminology at SFU

Timeline

- **October 2010:** Gurmit Singh Dhak, Sukh's brother, was shot dead at Metrotown.
- **September 2011:** Police warn the Dhaks and their allies, the Duhres, that they were at risk of retaliation.
- **November 2012:** Sukh Dhak is shot dead at a Burnaby hotel.

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First-past-the-post system 'defective': Galloway

Donald Galloway. Losing Green party candidate calls for electoral reform

LUKE SIMCOE
Metro in Victoria

Although elated by his party's substantial gains in Monday's byelection, losing Green party candidate Donald Galloway took a parting swipe at the nation's electoral system.

"The first-past-the-post system is defective, and people are unhappy with it," Galloway told Metro on Tuesday.

The Greens lost the race to the NDP's Murray Rankin by 1,151 votes, leaving Elizabeth May as the lone Green MP in Parliament. However, the party tripled its share of the popular vote compared to the last election.

Quote

"There's already hundreds of emails coming in asking me to consider running."

Losing Green candidate Donald Galloway on possibly running again in 2015.

"I'm so proud of our achievement," Galloway said. "We started from nowhere. Only a few weeks ago, I was an unknown candidate in Victoria."

In the 2011 federal election, the Greens received 3.9 per cent of the popular vote, but garnered only a single seat. In contrast, the ruling Conservatives won 166 seats and their first majority government with 39.6 per cent of the vote.

Galloway says his party's loss on Monday is another example of why Canada needs to implement electoral reform.

Green Party Leader Elizabeth May in Vancouver.
MATT KIELTYKA/METRO FILE

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4 facing drug charges. Cops bust ecstasy superlab in Okanagan

Four people are facing drug charges and more charges may be coming after the RCMP busted what they're calling a "super lab" that was making ecstasy in the Okanagan.

Police say a yearlong investigation led officers to raid a home last week in Westbridge where they found the lab, and a storage locker in Kelowna where they found the chemicals used in the production of ecstasy.

"Production methods at this level point directly to the involvement of organized-crime groups motivated by profit," said Insp. Rick Flewelling of the Kelowna RCMP.

THE CANADIAN PRESS

NDP. Dix says locally grown foods should be served in B.C. hospitals

People often turn up their noses at the idea of "hospital food", but NDP leader Adrian Dix wants to change that in B.C.

He says the Fraser Health Authority should start buying locally-grown food to serve in area hospitals.

The NDP says the food would be fresher, more appetizing, would result in less pollution than imported goods and would help boost the local agricultural community.

Dix says B.C.'s Fraser Valley has some of the best agricultural land in the province, plus health facilities serving 1.6 million patients, but there's no formal relationship between the two.

He says the provincial government could be using its purchasing power to promote locally-grown food in Fraser Valley hospitals, since they neighbour parts of the Agricultural Land Reserve.

THE CANADIAN PRESS

Audit

Salmon virus discovery in question

An international agency says an audit has found weaknesses in the work of a P.E.I. lab at the centre of a controversy over reports of a virus in B.C. salmon.

The World Organization for Animal Health says the quality of the work of the Atlantic Veterinary College could be affected by the audit's discovery.

THE CANADIAN PRESS

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Teaming up to help the city's homeless — one cape at a time

Keeping warm.
Vancouver police to distribute insulated capes from Arc'teryx as part of homeless outreach program

PHYLICIA TORREVILLAS
phylicia.torrevillas@metronews.ca

A local outdoor-clothing manufacturer is teaming up with Vancouver police to help ease the winter burden of the city's homeless.

North Vancouver's Arc'teryx will be partnering with the VPD's homeless-outreach program to hand out hundreds of waterproof and insulated capes to the city's most vulnerable.

In the past, Arc'teryx has distributed the capes — made from leftover fabrics and sewn by volunteer employees at the company's Burnaby factory — through the Harvest Project in North Vancouver and the Harbour Lights and First United Church in Vancouver.

Joanne Mayzes, corporate social responsibility manager at Arc'teryx, said the cape idea was a way to reduce the company's carbon footprint as well as an opportunity to give back to the community.

In the past three years, the company has given out more than 1,000 capes and this year will give 300 capes to the VPD to widen its distribution.

"Partnering with Arc'teryx means that we have hundreds of capes at our disposal in the backs of the patrol cars," said VPD's homeless outreach co-ordinator Const. Jodyne Keller.

"They can go directly into the hands of those who need them the most, those who are sleeping on the streets in the rain, the wind and the cold elements."

The one-size-fits-all capes fasten with a drawstring and Velcro, are made to last more than a decade, and can be rolled out into a blanket and packed up into a bundle for carrying.

Joanne Mayzes, corporate social responsibility manager at Arc'teryx, models a waterproof and insulated cape Tuesday. The North Vancouver outdoor-clothing company is teaming up with Vancouver police to hand out the capes to help keep the homeless dry and warm this winter. PHYLICIA TORREVILLAS/METRO

Clark vows to balance books, despite economy

B.C. Premier Christy Clark. METRO FILE

Premier Christy Clark is warning British Columbians to brace for bad economic news Wednesday, but she still promises to balance the province's budget next year.

Clark said Tuesday Finance Minister Mike de Jong will deliver a second-quarter economic update that outlines B.C.'s current economic status, and the numbers aren't positive.

But she told a Coquitlam Chamber of Commerce luncheon her government will do whatever it takes, short of cutting health and education funding, to table a balanced budget in February.

"You'll see a clearer picture of what exactly we are facing, but I do want to give you a heads-up: It won't be pretty," said Clark.

British Columbians go to the polls in May and Clark said she will point to her government's balanced budget as the commitment to voters to build a stronger province.

"The global economic uncertainty that we're facing has put huge pressure on our commodity prices ... and it's certainly affected our budget," Clark said. "But we're going to balance our budget nevertheless and we're going to look at everything to do it."

The Opposition New Democrats said B.C.'s balanced budget law hasn't stopped the Liberals from tabling consecutive deficit budgets. The Liberals have twice previously amended the balanced budget law to permit deficits.

NDP Leader Adrian Dix said if elected premier in May, his government would strive to balance its budgets rather than pay lip service to a law and changing it when the target is missed. THE CANADIAN PRESS

Balanced budget law

- Two months ago, de Jong said dropping natural-gas revenues blew a hole in the province's budget plans, forcing him to increase the projected budget deficit forecast to $1.1 billion.
- De Jong said the government intends to stick to its own law that calls for a balanced budget in 2013-14.

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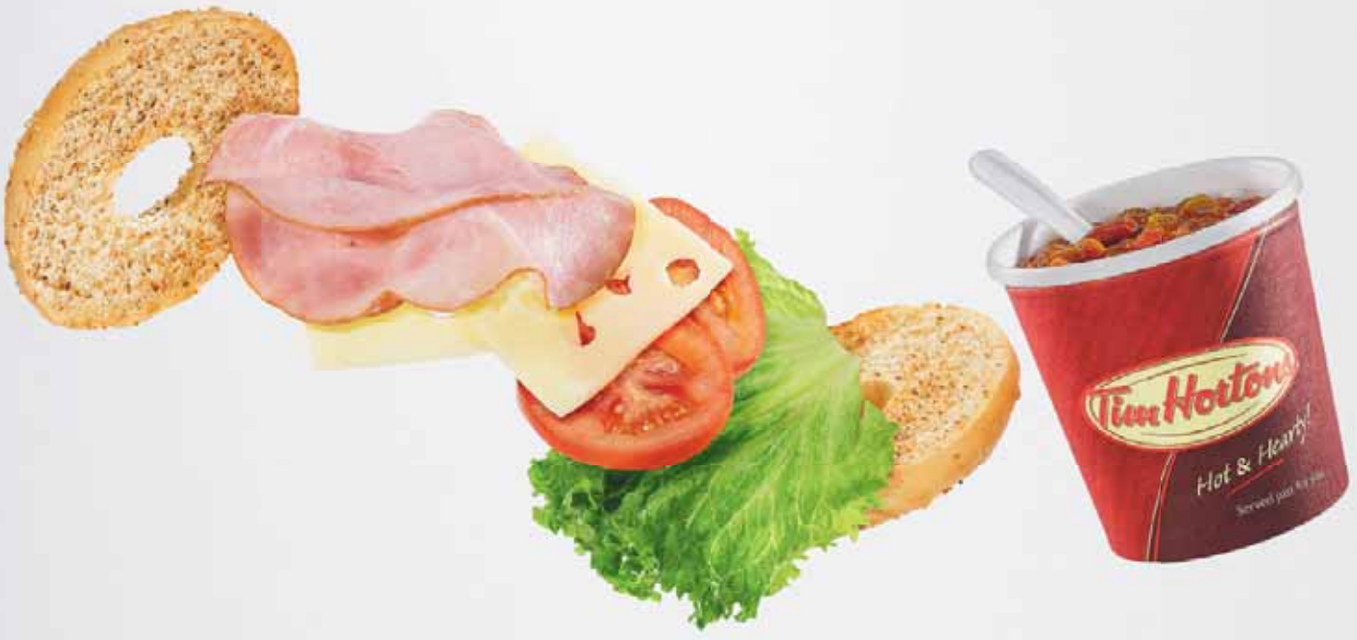

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Young fan's green jersey made a school vice-principal see red

Grey Cup mix-up. It was a pep rally for the Stampeders' big game, but 13-year-old student turned up in a Roughriders jersey

JEREMY NOLAIS
Metro in Calgary

It all started with a Saskatchewan Roughriders jersey.

It ended with Calgary's Catholic school district apologizing to one of its students and her parents.

Because the student, Alesandra Behr, was temporarily withheld from a Grey Cup pep rally for wearing that Roughriders jersey.

Behr, 13, said the vice-principal at her school in the city's northwest initially told her she would be barred from the festivities last Friday unless she changed.

"I thought it was really stupid," Behr said.

She estimated she spent 45 minutes in the principal's office before the whole affair was sorted out.

"I don't feel like it's right, what they did … they say stand up for what you believe in, and when they tell you that's not right, you feel like you have done something wrong," Behr said.

After learning what had happened, the school's principal intervened "immediately" and Behr was allowed to participate for the entire duration of the pep rally, said Catholic school spokesperson Janet Corsten.

"It was a temporary, misguided judgment on the part of the staff member at the school," Corsten said.

"It was corrected immediately by the principal ... most importantly, all students were able to fully participate in the rally."

Behr said she did miss preparations for the event, which was attended by a local television news station, including the choreographing of a pro-Calgary Stampeders dance routine.

Behr's parents were quick to commend the school for resolving the matter and apologizing.

But her father, Jason, maintains the misunderstanding should never have occurred in the first place.

"She wasn't violating the dress code or anything," he said.

Behr, meanwhile, said she has given no thought to trading in her green-and-white Riders garb for the Stampeders' red.

Quoted

"She should be allowed to express herself freely."

Alesandra's father, Jason Behr

A family affair

Alesandra Behr says she was born and bred a Saskatchewan Roughriders fan.

- **Oh, Dad!** Her father, Jason, has held Calgary Stampeders season tickets for 13 years.
- **Hush!** Alesandra's parents asked that the name of her school and its vice-principal be withheld as they wanted to avoid personal attacks.

Alesandra Behr says she was born and bred a Saskatchewan Roughriders fan — and here she wears that iconic green jersey with pride. JEREMY NOLAIS/METRO IN CALGARY

Twitter must address privacy fears, MP says

Charlie Angus has given up using Twitter. SEAN KILPATRICK/THE CANADIAN PRESS

Tweet this, Twitter fans.

NDP MP Charlie Angus says Canadians need to know more about how the social media giant protects their privacy.

Angus publicly quit using the microblogging site earlier this year, likening it to being badgered by a drunk on a 24-hour bus ride.

But he says a House of Commons study on privacy and social media requires the company's input.

A Commons committee decided last May to study the steps being taken by social-media companies to protect the personal information of Canadians.

It followed some high-profile interventions by Canada's privacy commissioner on the use of personal data by sites such as Google and Facebook.

Both companies have appeared before the committee, but NDP MP Charmaine Borg says Twitter refused.

The company couldn't immediately be reached for comment.

The committee has now agreed to send a formal letter asking Twitter to testify.

Angus said Google and Facebook have supported the study, but the committee needs to go further.

"We're not going to have a full sense unless we have the main players," said Angus. "We need Twitter."

The motion to formally call Twitter to testify came after a representative from Facebook took committee members through that company's privacy policies.

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UN. France plans to say 'oui' to resolution on Palestinian statehood

France announced Tuesday that it plans to vote in favour of recognizing a Palestinian state at the UN General Assembly this week.

With the announcement, France becomes the first major European country to come out in favour, dealing a setback to Israel. The timing of the announcement appears aimed at swaying other European nations.

Foreign Minister Laurent Fabius told parliament that France has long supported Palestinian ambitions for statehood and "will respond 'yes'" when the issue comes up for a vote "out of a concern for coherency."

The Palestinians say the assembly is likely to vote Thursday. THE ASSOCIATED PRESS

Proceed with caution

"It's only through negotiations ... that we will be able to reach the realization of a Palestinian state."

French Foreign Minister Laurent Fabius

Ceasefire

Israel seeks to lift workers ban

Israel's envoy to the Philippines Ambassador Menashe Bar-on said Tuesday that he will ask the government to lift a ban on the deployment of Filipino workers to Israel following the end of heavy fighting between Israeli and Hamas forces. THE ASSOCIATED PRESS

Hungary

Racist remarks condemned

Lawmakers wore yellow stars and hundreds of protesters rallied on Tuesday to condemn a far-right politician who called for the screening of Jews for national security risks, part of a wave of racist comments from the Jobbik party. THE ASSOCIATED PRESS

Arafat's political heirs open his grave for new probe

A Palestinian woman walks past a mural of late Palestinian leader Yasser Arafat in Gaza City. ADEL HANA/THE ASSOCIATED PRESS

Mysterious death. Samples taken to test for evidence the late Palestinian leader was poisoned

Eight years after Yasser Arafat's mysterious death, his political heirs opened his grave Tuesday and let forensics experts take samples from his remains, defying strong cultural taboos in search of evidence that the icon of Palestinian nationalism was poisoned.

Polonium-210

The radioactive substance was found on Arafat's clothing this past summer.

- **Inconclusive.** Polonium disintegrates rapidly, and experts have cautioned that too much time may have passed since Arafat's death to reach a definitive result.

Palestinians have claimed for years that Israel poisoned Arafat, who died in a French hospital. Israel has denied the charges.

The exhumation marked the end of months of procedural wrangling but only the beginning of the testing. Palestinian officials said it would take at least three months to get results, and even then, they might not be conclusive.

Workers opened Arafat's tomb before daybreak Tuesday, laying bare the remains some four meters below ground level, the Palestinian health minister said. A Palestinian forensics examiner took some 20 samples and handed them to Swiss, French and Russian experts, officials said.

Sheets of blue tarpaulin draped over the mausoleum hid the scene from view, part of an attempt by Palestinian officials to minimize any potential backlash against digging up the grave of Arafat, still widely revered in the Palestinian territories. By mid-morning, the grave was resealed. THE ASSOCIATED PRESS

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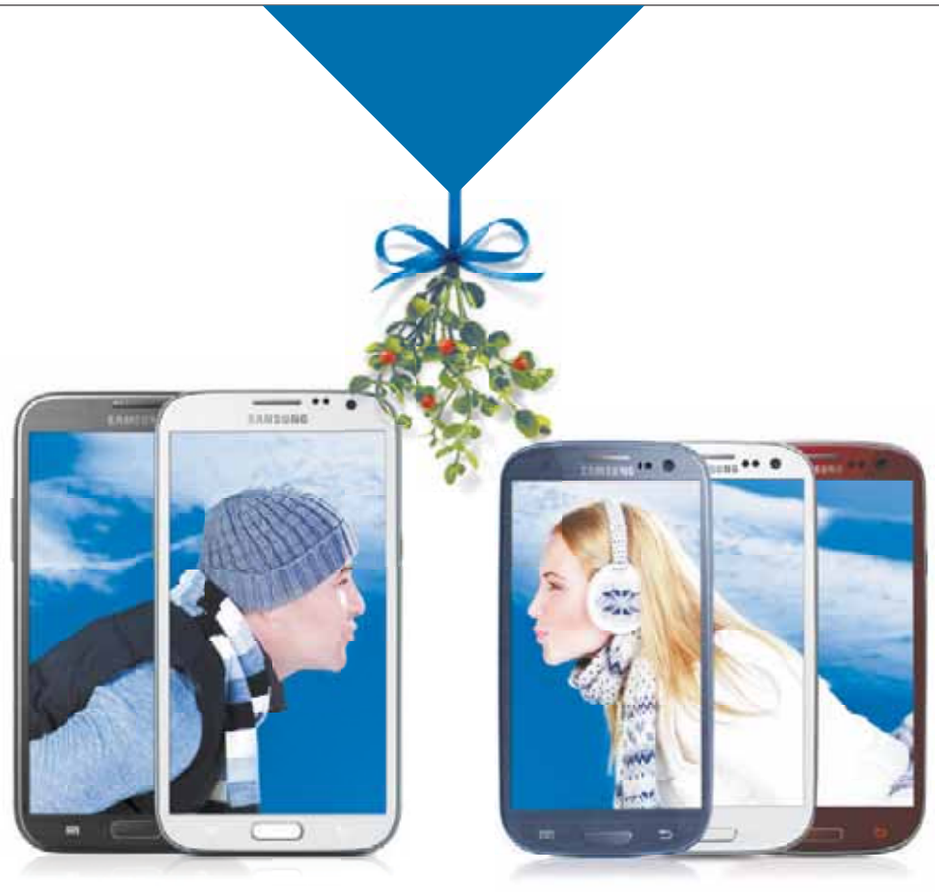

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Former residents of N.S. orphanage fight for inquiry

Nova Scotia Home for Colored Children.
Petition with more than 1,000 signatures calls for immediate public look at abuse allegations

Former residents of a Halifax orphanage took their fight for a public inquiry into long-standing allegations of abuse to the provincial legislature Tuesday, where they presented a petition in support of their cause.

About 50 former residents of the Nova Scotia Home for Colored Children delivered the document containing more than 1,000 signatures calling for immediate government action.

Tracey Dorrington-Skinner, a spokeswoman for the group, said the government needs to know that the former residents believe an inquiry is essential in order for them to heal and get justice. "We're not prepared to back down," she said. "At the end of the day, we will get justice one way or the other."

Physical and sexual abuse allegations against staff at the home, which is now a short-term residential facility for children of all races, first came to light more than a decade ago. But no charges have been laid.

THE CANADIAN PRESS

Dragging on

100+

More than 100 people are now part of the class-action suit, which was filed earlier this year against the home and the provincial government. The majority of the claims are decades old.

Keeping calm and carrying on

A woman carries her dog as she makes her way through floodwaters in St. Asaph, North Wales, Tuesday, after the town flooded overnight. Thousands of drivers and residents face further chaos today after heavy rain continued to fall across Britain. DAVE THOMPSON/THE ASSOCIATED PRESS

Mexico

Judge rules for American children's return to deported father in Mexico

A North Carolina judge has ordered three U.S.-born children to be reunited with their deported Mexican father.

Social-services officials had sought to terminate the parental rights of Felipe Montes, who crossed the border illegally in 2003 to work on Christmas tree farms near the mountain town of Sparta. Montes later married a U.S. citizen and the couple had three sons.

Tuesday's ruling potentially clears the way for the children to live with their father in El Encino, a small village in the Mexican state of Tamaulipas. THE ASSOCIATED PRESS

Halifax

Man acquitted of voyeurism charges

A man accused of watching women while they slept was found guilty Tuesday of one count of break-and-enter, but acquitted of several charges of voyeurism in a case that caused alarm in Halifax for several years.

THE CANADIAN PRESS

Chanting "leave, leave!" Egyptians took over Cairo's Tahrir Square on Tuesday, demonstrating against President Mohammed Morsi. The square was the birthplace of the uprising against former president Hosni Mubarak.
KHALIL HAMRA/THE ASSOCIATED PRESS

Protesters decry Morsi's power grab

They're back. Arab Spring slogans heard again in Egypt after president grants himself more power

More than 200,000 people packed Cairo's central Tahrir square on Tuesday, chanting against Egypt's Islamist president in a powerful show of strength demanding Mohammed Morsi revoke edicts granting himself near autocratic powers.

With the mass protests in Tahrir square and in several other cities — comparable in size to those during last year's uprising that overthrew Hosni Mubarak — opposition to the decrees issued last week turned into a broader outpouring of anger against the rule of Morsi and his Muslim Brotherhood.

Waving Egypt's red, white and black flags, crowds of protesters marched across Cairo to stream into the iconic central plaza, birthplace of the anti-Mubarak uprising. By the evening, it was thronging with a massive crowd. Clashes broke out in several cities as Morsi opponents tried to attack offices of the Brotherhood, setting fire to at least one.

Ringing out at Tahrir was the central chant of the Arab Spring revolts: "The people want to bring down the regime," and "erhal, erhal" — Arabic for "leave, leave."

"Suddenly Morsi is issuing laws and becoming the absolute ruler, holding all powers in his hands," said protester Mona Sadek, a 31-year-old engineering graduate who wears the Islamic veil, a hallmark of piety. "Our revolt against the decrees became a protest against the Brotherhood as well," she said. Morsi's edicts effectively neutralize the judiciary, the only branch of government in a position to balance Morsi.

THE ASSOCIATED PRESS

'Revolution hijacked'

Protest organizers on a stage in the square called for another mass rally on Friday.

- If the Brotherhood responds with mass rallies of its own it would raise the prospect of greater violence after a series of clashes in recent days.
- Raafat Magdi, an engineer, said, "The Brotherhood hijacked the revolution."

Morsi 'won't back down'

"We are not rescinding the declaration."

Gehad el-Haddad, adviser to the Brotherhood and its political party. He said the opposition was "very divided" and Morsi would not back down.

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Dangerous pregnancies

Ireland to decide on abortion issue

Ireland published an experts' report Tuesday recommending that the government define when a woman in a life-threatening pregnancy can receive an abortion — a major national issue since the death of an Indian woman in an Irish hospital last month.

The report represents Ireland's slow official response to a 2010 European Court of Human Rights ruling that existing Irish laws did not ensure that women in life-threatening pregnancies could receive an abortion.

Ireland has a constitutional ban on abortion, but such terminations have been technically legal in Ireland since a 1992 Irish Supreme Court ruling.

Several governments have since refused to pass backing legislation, leaving doctors unsure when they can actually perform them without facing lawsuits or criminal prosecution for murder.

THE ASSOCIATED PRESS

Activists highlight 'naked truth' about AIDS spending cuts

Naked AIDS activists, saying they wanted to highlight the "naked truth" about potential spending cuts in HIV programs, protest inside the Capitol Hill office of House Speaker John Boehner of Ohio on Tuesday, prior to World AIDS Day on Dec. 1. Three women activists, who had linked arms with four men who also disrobed as part of the protest, were arrested after taking their clothes off in the lobby of Boehner's office. The protest occurred as congressional leaders and President Barack Obama seek a deal to avert automatic spending cuts and tax increases in January. SUSAN WALSH/THE ASSOCIATED PRESS

Sex allegations. Third man makes claims against Elmo puppeteer

A Florida man has sued the ex-Elmo puppeteer who resigned amid sex allegations, saying the voice actor met him in New York after trolling gay telephone chat lines seeking underage boys for sex.

The lawsuit seeking unspecified damages was filed in Manhattan federal court Tuesday by a man who remains anonymous.

The man says he met Kevin Clash on a chat line when he was 16 years old in 2000 and exploring modelling opportunities in New York.

The lawsuit says Clash had numerous Elmo dolls in his apartment when he met the teen for sex.

The man, now 29, is the third to make claims against Clash, who resigned from Sesame Street last week after 28 years.

A spokeswoman says Clash "believes this lawsuit has no merit."

THE ASSOCIATED PRESS

Animal attack. Zoo calendar features dogs that fatally mauled boy

The Pittsburgh Zoo is featuring the animals that fatally mauled a two-year-old boy earlier this year on the March page of its 2013 calendar.

Zoo officials say the calendars featuring pictures of African painted dogs had already been printed and made available to patrons before the Nov. 4 death of Maddox Derkosh.

The boy died after falling off a railing and into the animals' habitat, where he was attacked.

Zoo p resident Barbara Baker tells the Pittsburgh Tribune-Review that officials considered scrapping the calendars after the boy's death but they'd already been on sale beforehand.

Baker says the dogs are an endangered species the zoo is responsible for helping protect.

The exhibit remains closed to the public.

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Parking spots are Hong Kong's newest investment craze

Speculation. This past weekend, buyers paid up to $167K per space

Investors looking for new places to park their cash in Hong Kong are driving up prices for parking spaces, sparking fears of a bubble in the Asian financial centre.

Prices for parking spots in Hong Kong are nearing historic highs, the side effect of government curbs to cool the housing market amid worries of overheating following the latest round of monetary stimulus in the U.S. last month.

There are "a lot of speculators in the market, especially for car parks," said Buggle Lau, senior analyst with Midland Realty. A bubble is "definitely forming."

Over the weekend, a developer sold about 500 parking spots at a new suburban apartment complex at prices of up to about $167,000 per space.

In a commercial building near the city's financial district on Hong Kong Island, an investor has put 34 parking spaces on sale for about $12.9 million, according to a report last week in the Ming Pao newspaper.

THE ASSOCIATED PRESS

Celebrated Hong Kong model Lisa S sits in a Porsche at the Beijing Auto Show in this file photo. Where do you park your Porsche in Hong Kong? In a $167,000 parking space, according to the latest transactions. GETTY IMAGES FILE

Gift cards. Swap site will trade unwanted plastic

If the idea of re-gifting never held much appeal for you, take heart: There are dedicated sites that make it easier to part ways with unwanted gift cards.

This holiday season, if you find yourself in possession of a card designated for a restaurant or retailer you don't like or frequent, you can trade it in for a card you do want.

Frances Ho, co-founder and COO of Canadian website CardSwap, said she had an epiphany around four years ago when she found herself with a wallet full of gift cards for specific stores where she couldn't find anything she really wanted to purchase. She sought to pinpoint an easier way to exchange the gift cards for cash or for other cards she'd be more inclined to use.

This Christmas will mark the fourth in operation for CardSwap. Users selling cards have the choice of accepting points which are used to swap for other gift cards, receiving a cheque or being paid through PayPal, said Ho. Individuals can also convert unused gift cards for charitable donations, with CardSwap issuing payment for up to 92 per cent of the face value.

"I think when you give a gift card out, the thought is there already; and if it isn't the correct gift card, I think the person that gave it to you would rather you use it at a place that you would go to and really enjoy," she added.

"The point of giving a gift card is so that a person is able to splurge a little or treat (themselves); so I think it's perfectly fine to swap it for something you're actually going to use." THE CANADIAN PRESS

Quoted

"Sometimes, when you receive a gift card, it just may not be the right place for you and so you just want to swap it out for your favourite store or your favourite restaurant."

Frances Ho, co-founder and COO of the Canadian website CardSwap, now in its fourth year of operation.

Auto industry

Feds usher in new emission rules

On the eve of global climate talks that will put Canada's contentious policies under the microscope, Ottawa has introduced its next set of rules to cut greenhouse gas emissions from cars and light trucks.

Under regulations proposed Tuesday, vehicles built between 2017 and 2025 must cut emissions by an average of five per cent a year, every year. Environment Minister Peter Kent said that should cut annual gas costs by about $900 per auto.

THE CANADIAN PRESS

Business jets

Bombardier nets plane order worth up to $7.8B

Bombardier has made the biggest sale of business aircraft in its history with a deal to provide up to 142 Global aircraft to private European luxury charter company VistaJet in a transaction potentially worth up to $7.8 billion US.

THE CANADIAN PRESS

Market Minute

DOLLAR 100.53¢ (-0.09¢)

TSX 12,111.63 (-73.42)

OIL $87.18 US (-56¢)

GOLD $1,742.30 US (-$7.30)

Natural gas: $3.89 US (+16¢)
Dow Jones: 12,878.13 (-89.24)

Ralcorp purchase

ConAgra becomes top U.S. producer of private-label food

ConAgra Foods is set to become America's biggest maker of store-brand foods, with a $5-billion US purchase of Ralcorp that expands its stake in the market for cereals, crackers and other packaged foods sold under private labels.

The deal caps a year of acquisitions for ConAgra, which makes brands including Chef Boyardee and Marie Callender's.

THE ASSOCIATED PRESS

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BOYZ OF MIXED MESSAGEZ AND MISUNDERSTANDINGZ

JUST SAYIN'
Paul Sullivan
metronews.ca

There's an epidemic of misunderstanding going on.

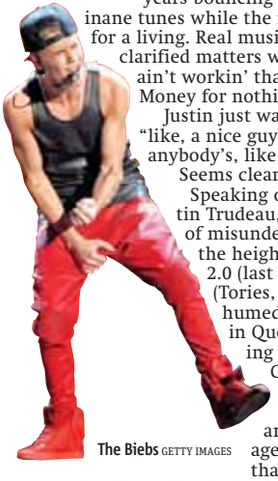
Why, just the other day, I was misunderstood by a reader who called me "rich" and "arrogant." He was, at best, only half right. I'm tempted to clarify, but that usually leads to more misunderstanding.

Ford Nation Chief-in-turmoil TORSTAR NEWS SERVICE

At least I'm not alone. If I think I'm misunderstood, what about poor Rob Ford, the mayor of Toronto? He tried so hard to make everything simple;for example, he characterized the complex problems of transit in a North American megacity as "the war on cars." And what thanks does he get? Booted out of office for conflict of interest around his football association, that's what.

It's not his fault. It's those leftists like lawyer Clayton Ruby who fail to understand that he's a simple man of the people who doesn't get conflict of interest and all that stuff.

Then there's Justin Bieber, the world's most misunderstood pop tart, who was booed every time he showed his face at the Grey Cup, even though there were worthy alternative targets such as Burton Cummings' ridiculous rendition of O Canada. Justin thinks these "haterz" hate the very idea of Justin Bieber. They can't stand it that some kid made more than $100 million over the last two years bouncing around the stage to inane tunes while the rest of us had to work for a living. Real musician Mark Knopfler clarified matters when he sang: "That ain't workin' that's the way you do it. Money for nothin' ..."



The Biebs GETTY IMAGES

Justin just wants to be known as, "like, a nice guy. But I won't take anybody's, like, s–t."

Seems clear to me.

Speaking of Justin, there's Justin Trudeau, yet another victim of misunderstanding. Right at the height of Trudeaumania 2.0 (last week), the haterz (Tories, in this case), exhumed a video clip of Justin in Quebec circa 2010 moaning about the state of Canada because of the Albertans "who control our community and socio-democratic agenda." Needless to say, that was misunderstood in Alberta, but in Quebec nothing was lost in translation.

Trudeau 2.0 THE CANADIAN PRESS

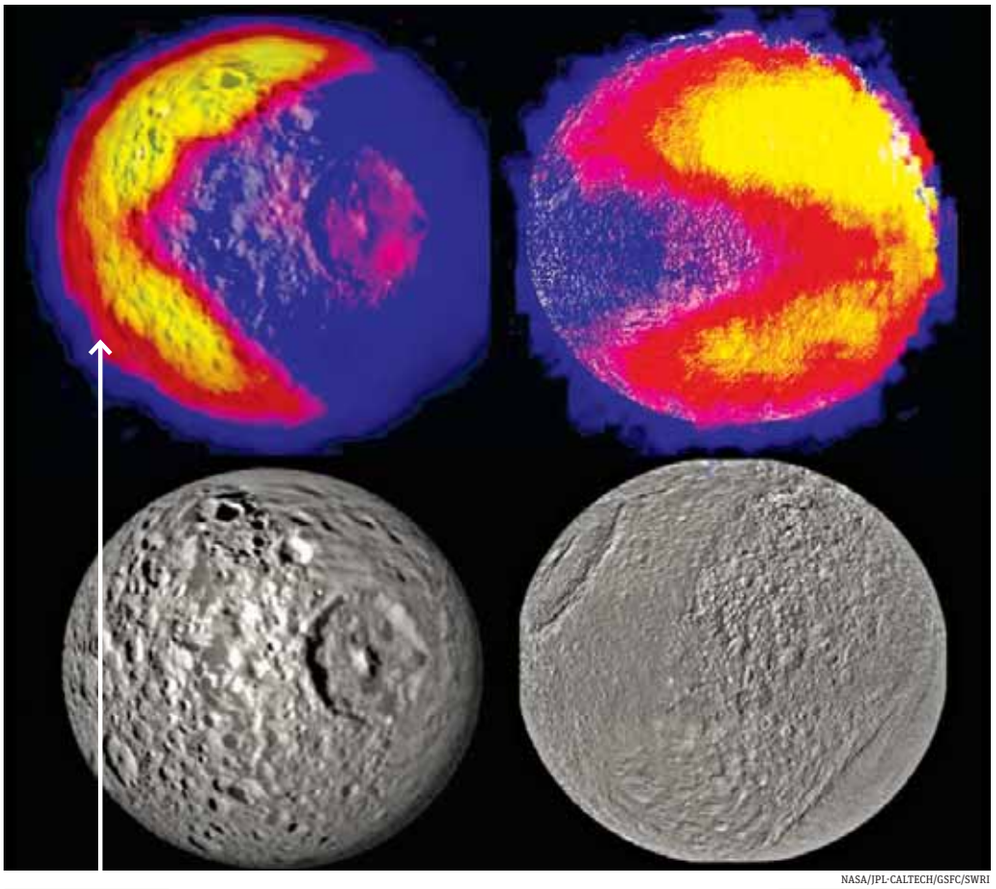
What he meant to convey was that "Albertans" was shorthand for Stephen Harper and his gang of neo-Tories, but everybody just misunderstood. I am also tempted to point out that a lot of people don't understand that Stephen Harper is, in fact, from Etobicoke. Like Rob Ford.

Now Etobicoke is going to start complaining that it's misunderstood.

Before that happens, we need to nip this epidemic in the bud. The only thing Rob Ford, Justin Bieber and Justin Trudeau don't understand is that the people (at least the leftists, haterz and Tories) are not fooled. They understand, only too well.

Except when it comes to me, of course.

Pac-Man replays on moons



NASA/JPL-CALTECH/GSFC/SWRI

Space exploration

Video-game hero spotted in moons

NASA put a man on the moon in the 1960s — a few decades later Pac-Man appears on two of Saturn's moons. Scientists with the Cassini spacecraft mission have identified two features shaped like the 1980s video-game icon on moons of Saturn. One was observed on the moon Mimas, left, in 2010 and the latest was observed on the moon Tethys.

These remarkable infrared images measure the surface temperature of the two satellites. In a new report, researchers theorize that this distinctive pattern is the result of high-energy electrons colliding into low latitudes on the forward-facing sides moons as they orbit around Saturn. This bombardment transforms the normally "fluffy" surface into hard-packed ice, NASA said. METRO

Screenshot of the 1980 arcade game Pac-Man. NAMCO

Temperature

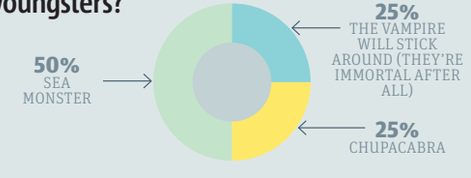
-185 C

is the warmest temperature recorded on the surface of Tethys in data obtained on Sept. 14. Daytime temperatures inside the mouth of Pac-Man were seen to be cooler than their surroundings by 1.6 C.

Metropolitan Panel

Register at metropolitanpanel.ca and take the quick poll

Now that the Twilight saga is over, what creature is set to capture the attention of the next generation of impressionable youngsters?



Twitter

@Erica_Sigurdson: I really want to follow Megan Follows on twitter. more importantly for her to follow me back just to see Megan Follows follows you #dream

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@Howellings: #Canadian Olympic athletes at city

@MikeKlassen: Little free library near #fraserstreet. Neat idea but do ppl return the books? http://instagr.am/p/Si3s6Zi-Lti/

@grahamclark: New career time, quick: whatcha got?

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SCENE

James Gandolfini plays a foul-mouthed hitman in Killing Them Softly. HANDOUT

James Gandolfini: I'm 'like a 260-pound Woody Allen'

Killing Them Softly. Hard to erase memories of Tony Soprano in new film

IN FOCUS
Richard Crouse
scene@metronews.ca

Tony Soprano was one of the most recognizable television characters of the last decade, yet the man who breathed life into him, actor James Gandolfini, says, "I never think about him, ever."

He may not, but audiences do. It's difficult to see the burly actor in any other role without thinking about the troubled gangster he played on 86 episodes of The Sopranos.

This weekend, he plays a foul-mouthed hitman in Killing Them Softly, opposite Brad Pitt and Ray Liotta. Despite his powerful presence, the role likely won't do much to erase memories of Soprano.

The New-Jersey-born actor first earned notice playing — you guessed it — a hitman in Tony Scott's True Romance. Similar roles in movies like Get Shorty followed, but Gandolfini says he is nothing like the tough guy characters he so frequently plays.

Even though he once earned a living as a bouncer (he also delivered seltzer for a company called Gimme Seltzer) and has repeatedly unlocked a wellspring of rage on screen, he says, "I'm a neurotic mess. I'm really basically just like a 260-pound Woody Allen."

Perhaps that's what he tapped into when he voiced Carol, the impulsive creature in Where the Wild Things Are.

It's a sensitive performance that shows off Gandolfini's softer side. He does go on a "wild ruckus," but at least he doesn't shoot anybody.

In fact, we may soon see less and less of his badass side. "I'm getting a little older, you know," he says. "The running and the jumping and killing, it's a little past me."

In the dark indie Welcome to the Rileys (directed by Jake Scott, son of Ridley) he's unarmed, playing a troubled businessman whose life unravels when he befriends a stripper, played by Kristen Stewart.

In the Loop, a wild satire of British politics, saw Gandolfini take a detour into comedy, but his strangest movie came in 2010. Mint Julep was made in 1995 after Gandolfini had appeared in Terminal Velocity and Crimson Tide, but because of money issues it wasn't released until after The Sopranos was off the air. Noticeably thinner, and with more hair, he plays a perverted landlord opposite David Morse.

Yet another side of the actor can be seen in Alive Day: Home from Iraq, a documentary in which he interviews injured Iraq War veterans about the physical and emotional costs of war.

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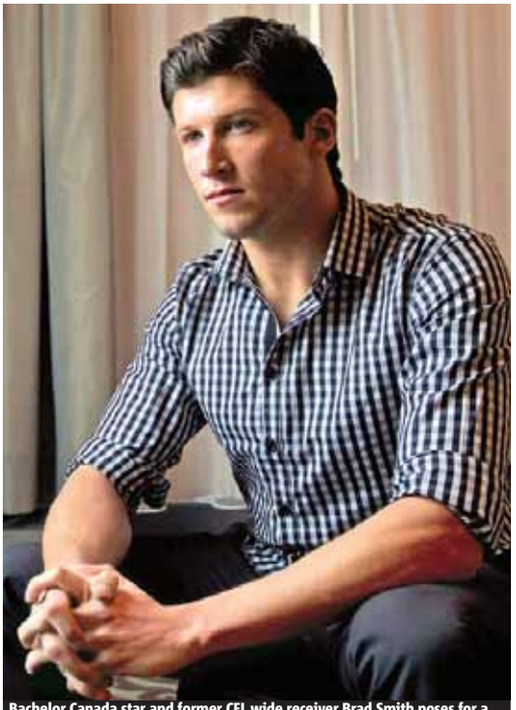
Life goes on After the Rose for Brad and Bianka

The Bachelor. Runner-up Whitney returns for final episode



Bachelor Canada star and former CFL wide receiver Brad Smith poses for a photograph in Toronto on Sept. 26. NATHAN DENETTE/THE CANADIAN PRESS FILE

Last week, Brad Smith made his choice on The Bachelor Canada. He proposed to Bianka, who eagerly accepted the rose. The 29-year-old registered nurse beat out 24 other women for a shot at marital bliss with the ex-CFL football player.

But what happens After the Rose? A peek behind the fairy tale romance can be seen Wednesday night in an hour-long final episode of the Citytv reality series. The episode was taped a few weeks ago before 300 fans at the picturesque, seaside town of Sidney, B.C. It had been two months since Brad had actually proposed in Barbados. The two had not been allowed out in public together since then for fear of tipping off viewers. Their only contact, they both said, was through Skype

"I've already tried to marry her," Brad reveals right after the taping. He tried to convince Bianka to elope with him.

"To actually have a normal life, far from all this cloak and dagger stuff, would be awesome," said Smith, 29.

The two lovebirds seemed quite affectionate during and after the taping. Bianka marvelled at how much they have in common. They agree on everything, she says: "the favourite beer, the favourite wine, the favourite sandwich at Wendy's."

Suggestions that you can't find the love of your life over the course of an eight-week reality show were waved off as so much heard-it-before cynicism.

"To have an organic relationship from that experience is impossible, yet we have it," says Smith. "It was a TV show, yet it was so friggin' real."

Things can, however, get a little thorny after the rose. Smith says he was nervous coming face to face one last time with the turbulent runner-up, Whitney. The contestant from Calgary quickly became the villain of the series with all her "Brad's mine!" comments to the camera.

She's back and all glammed up for Wednesday's final confrontation. Smith doesn't exactly welcome her back. Instead, he does a lot of finger pointing. "I wanted everybody in Canada to see what I had to deal with the past four weeks," he said after the taping.

"She has a severe ability to jumble things up; it's truly frustrating to be around, especially when you just want an answer."

The studio audience gets into what shapes up to be a Springer moment. You half expect to hear cries of "Jerry! Jerry!"

"She's a polarizing figure, there's no question," says host Tyler Harcott, who referees the session, at times almost acting as if he was Whitney's therapist. "She brought a lot of that on herself. Unfortunately, she painted herself as the villain."

What worries Harcott is how the rep will follow the 24-year-old administrative assistant.

"The Twitter world, the Facebook world, that part breaks my heart," says Harcott. "I don't think people realize that these people aren't actors, they go to the coffee shop like the rest of us." THE CANADIAN PRESS

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Will.i.am talks pop and culture

Will.i.am arrives at the 40th Anniversary American Music Awards on in Los Angeles earlier this month.
JORDAN STRAUSS/THE CANADIAN PRESS

#willpower. Megastar hits Toronto to mark the release of his new video collaboration, Scream & Shout, featuring Britney Spears

For all his zeitgeist-tapping chart-conquering as leader of the Black Eyed Peas, Will.i.am's solo career has been curiously lacking in commercial success.

Songs About Girls, his third solo record released in 2007, just cracked the U.S. top 40 album chart but failed to ignite, and that was the highest any of his records has ascended.

And it's unlikely anyone has spent more time thinking about that than Will.i.am himself.

"There's reasons why it didn't connect — I've spent many nights thinking about that," the 37-year-old said during a recent interview in Toronto.

According to the pop-rap star, the album failed for a myriad of reasons: he began experimenting with dance music too early without collaborating with any cred-boosting electronic stars, he didn't yet understand how to properly promote the record internationally and he chose the wrong song as the album's first single, opting for the upbeat I Got It From My Mama.

"I didn't listen to my gut — I listened to executives saying, 'We like this song! It's catchy!'" he said, relaxed but animated on the couch of a Toronto hotel room.

"That's part of the reason why Songs About Girls didn't do (more), because I didn't really understand the science of how things worked at that point in my life."

On this day, Will.i.am is in town to promote his fourth solo album, #willpower. It's since been delayed until 2013 due to leaks, but Wednesday will mark the release of a new video for the icy Britney Spears club collaboration Scream & Shout, premiering during the evening broadcast of The X Factor.

Talking to the fashion-forward rap star, whose real name is William Adams, it's clear that he has a deep understanding of the ebb and flow of pop trends.

At one point, he delves with almost overwhelming detail into the unique marketing needs of various countries — including France, Canada, the U.K., Japan, Brazil and Australia — rhyming off which press outlets in which countries are crucial for promotion.

He's similarly strategic about monitoring the tide of pop music in general, hoping to hone in on which waves are worth riding.

"I like to be a sponge. Travel, sponge up culture," he said, smiling. "I'm an anthropologist (of) pop culture ... so I will be a popthropologist."

Goofy wordplay aside, he's entirely serious about the art of music commerce.

The Black Eyed Peas have been a frequent target for critical derision for their carefree pop, which has been sometimes deemed crassly opportunistic — this is the group behind My Humps, after all.

But the group's success is impossible to deny. They've won six Grammy Awards and racked up more than 18 platinum plaques in Canada, while sending five singles including I Gotta Feeling and Boom Boom Pow to the top of the charts.

He's used his abilities for pop prognostication to help other artists, having landed production or songwriting credits on a long line of singles including Estelle's American Boy, Nas' Hip Hop is Dead, John Legend's Ordinary People, U2's I'll Go Crazy If I Don't Go Crazy Tonight and Britney Spears' Big Fat Bass.

The stars returned the favour when it was time to round up collaborations for #willpower. Although the ongoing retooling of the album makes it unclear which artists will remain on the final version, Will.i.am has worked with Mick Jagger, Jennifer Lopez, Spears, Alicia Keys, LMFAO and Chris Brown for tracks intended at one point for the record.

He also worked with Canadian teen idol Justin Bieber, and the 18-year-old certainly left an impression.

"He's cool — he's really nice, down to earth. As big as he is, he's pretty humble and passionate and excited about music," THE CANADIAN PRESS

Will's way

Will.i.am, whose real name is William Adams, says his musical style has required an understanding of general hip-hop trends in the past 25 years.

- **Street cred.** According to the California native, rap music went through a cycle of hardened street material in the late 1980s —headlined by N.W.A — then segued into a period of blithe, danceable material in the early 1990s.
- **Progression and regression.** He saw the pattern repeat with the popularity of such gritty rappers as 50 Cent and Ja Rule toward the beginning of the last decade, and was confident the pendulum would swing back.

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Which celebrity do you want to take home?

Ivanka Trump attends the Henri Bendel holiday window unveiling at Henri Bendel on Nov. 15, 2012 in New York City. JAMIE MCCARTHY/GETTYIMAGES FOR HENRI BENDEL

Stars for sale. Stores are cashing in on celebrities' money-making names with trendsetters like the Kardashians and Madonna hitting the shelves

This holiday season you're likely to spot singer Jennifer Lopez in Kohl's. You could get a peek at pop music icon Madonna in Macy's. You might even catch a glimpse of reality TV star Kim Kardashian in Sears.

Well, not literally.

These celebrities likely won't be making guest appearances in the aisles of your favourite department stores. But clothes, shoes and even ties that bear their names will.

It's part of a big push by stores to cash in on celebrities' money-making names. The move can be savvy. After all, who wouldn't want to don the stylish duds of a superstar? It can also be risky. The stars, figuratively, have to be aligned for celebrity lines to become a hit with shoppers. That can mean having the right celebrity pair up with the right store at the right time with the right amount of involvement in the design of the line.

"If it's simply to monetize your moment in the sun, it is not going to work in the long-term," says Ivanka Trump, the billionaire daughter of real estate mogul Donald Trump and a reality TV personality who has a line of $150 handbags and $125 pumps at Lord & Taylor and other stores. "You have to be involved in every aspect of the product line."

Quoted

"If it's simply to monetize your moment in the sun, it is not going to work in the long-term."
Ivanka Trump

Celebs have long dabbled in design. But with the growth of TV shows and websites that follow everything celebrities say, wear and do, interest in their clothing lines has risen in recent years. Indeed, North America revenue from celebrity clothing lines, excluding merchandise linked to athletes, rose six per cent last year to $7.58 billion in 2011, according to the latest figures available by The Licensing Letter, an industry trade publication. That's on top of a nearly five per cent increase in 2010.

Major department stores, facing growing competition from trendy fashion chains such as H&M, Mango and Zara have jumped on the trend. They're hoping to reap benefits from the lines during the holiday shopping season in November through December, a time when stores can make up to 40 per cent of their annual revenue. Big stores now get as much as a quarter of their sales from celebrity brands, up from under 10 per cent five years ago, according to market research firm NPD Group.

It's important that a celebrity doesn't say or do things that could reflect poorly on a store's image. Earlier this month, an angry customer started an online campaign calling for Macy's to dump Donald Trump's line of $65 power ties and $65 dress shirts after the billionaire verbally attacked President Barack Obama on social media after he was re-elected.

Angelo Carusone, 30, has collected nearly 673,000 signatures on petition website signon.org. Carusone, once a loyal Macy's shopper, says he won't shop there again until the retailer severs ties with Trump. "Macy's is building a brand on Trump's consequence-free bullying," he says.

But Macy's has stood by the billionaire, and the uproar has since died down. "Macy's marketing and merchandise offerings are not representative of any political position," says Jim Sluzewski, a spokesman for the chain.

THE ASSOCIATED PRESS

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Rowling sells her Scotland home, makes a mint

J.K. Rowling is a bit of a wizard when it comes to real estate. The bestselling author recently sold the Edinburgh, Scotland home — where she wrote four of her seven Harry Potter novels — for $3.6 million after just three weeks on the market, according to People magazine. Rowling bought the top half of the home in 1999 and later bought the downstairs section and converted it into a single home with eight bedrooms, a walled garden and a detached office in the back. The buyer is an anonymous Scottish businessman.

J.K. Rowling

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METRO DISH

OUR TAKE ON THE WORLD OF CELEBRITIES

The Word

Today in celebrity lawsuits

THE WORD
Dorothy Robinson
scene@metronews.ca

Celebrities. If they aren't getting divorced, they're getting sued. Here's a breakdown of the latest legal woes of your favourite stars.

While Halle Berry is hoping to make her temporary restraining order against ex Gabriel Aubry permanent following his bloody Thanksgiving row with her fiancé, Olivier Martinez, Aubry himself is reportedly seeking legal protection, according to TMZ. In his legal declaration following the incident, Aubry claims that Martinez threatened his life and used intimidating language the day before the fight, during a school play featuring Nahla, the daughter Berry and Aubry share. Aubry has been granted a restraining order of his own against Martinez.

The lawsuits just keep coming for Kevin Clash, the beleaguered ex-voice of Elmo. He's been slammed with a third accusation of having sex with an underage boy a week after a similar allegation prompted him to resign from Sesame Street. A man identified only as John Doe alleges Clash engaged in oral sex and other sex acts with him when he was 16 years old. The suit, which was filed Tuesday in U.S. District Court in Manhattan, seeks at least $75,000 in damages, per Reuters.

A Katt Williams fan isn't just brushing off a terrible performance by the comedian — he's suing the star on behalf of everyone who had to witness it. This week, Brian Herline of Modesto, Calif., filed a class action lawsuit against Williams and Live Nation on behalf of the audience members who attended a Williams show at Oakland's Oracle Arena earlier this month. The San Francisco Chronicle reports that Williams went bonkers 10 minutes into his set, taking off all of his clothes and then challenging people to fight (sounds watchable to me). The gracious Herline is seeking class-action certification in an effort to get ticket money back for all audience members.

It's been a bad week for Justin Bieber. First, he was booed by a bunch of football fans for his halftime performance at the Grey Cup on Sunday, and now he has been hit with a $9.2 million lawsuit brought against him by Stacey Wilson Betts. Betts claims she lost her hearing "by a sound blast that exceeded safe decibel levels" at a Bieber concert two years ago. Two years is a long time to wait to file a lawsuit. Even fishier? She's representing herself. Bieber and his lawyers asked for the case to be dismissed, stating that Betts has a "failure to state a claim upon which relief can be granted," which is legalese for "girlfriend is crazy."

Brad Pitt and Angelina Jolie

Pitt and Jolie: Finally getting hitched?

Brad Pitt and Angelina Jolie may be finally making good on their engagement and getting married sooner rather than later. "I am getting more pressure from my kids, and it is something I want to do within their lifetime," he tells reporters at the Killing Them Softly premiere, according to Hollyscoop. "But I also feel like the time has come. The time is now. It's soon. I got a good feeling about it." And Pitt admits it's not just pressure from the kids that has him eager to tie the knot. It turns out he's into the idea as well: "We've had a family, we've raised the kids. I am surprised how much [marriage] meant to me once you had that," he says.

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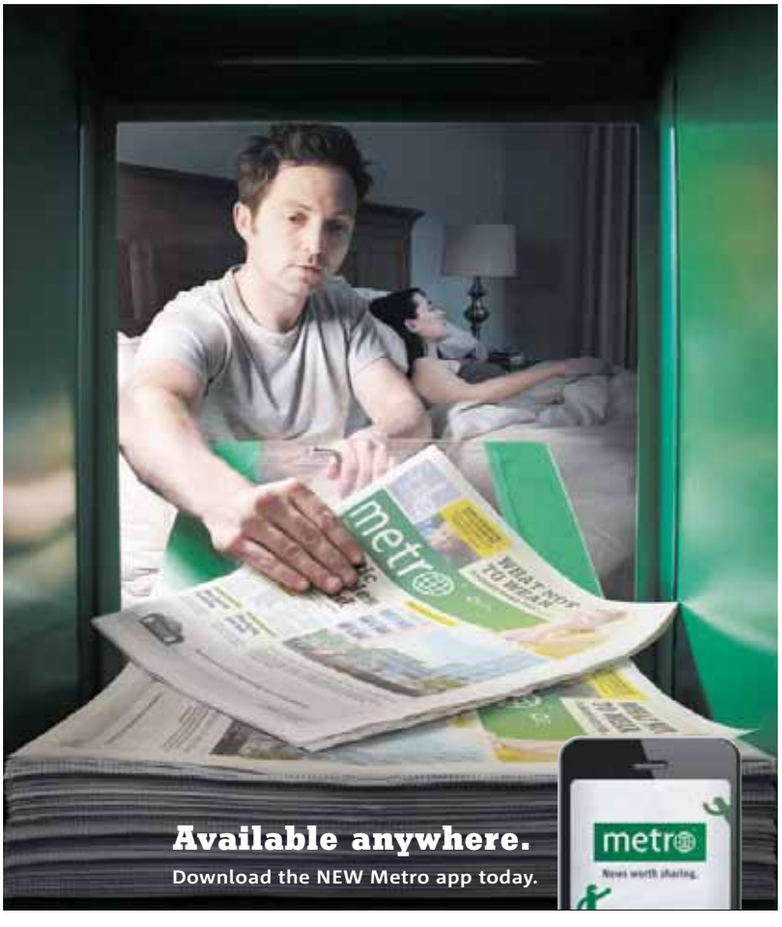

With Barack Obama back in the White House and Abraham Lincoln in movie theatres, we thought it was time to immerse ourselves in Chicago — a city with historic ties to both presidents. We visited Lincoln Park, Bucktown and Wicker Park to give you this best friend's guide to the north side of the city

METRO NEWS
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Dishing deep on Chicago

Bucktown and Wicker Park

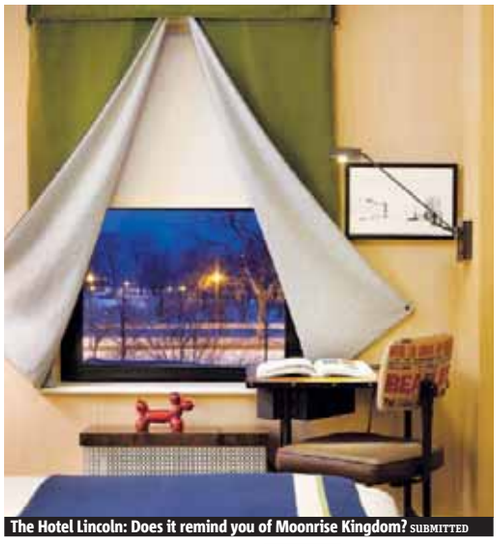
Located west of Lincoln Park, both neighbourhoods have seen a resurgence in recent years as established residents and young families mix with students and hipsters. Before you start exploring, grab lunch at Big Star (1531 North Damen Ave., bigstarchicago.com), a whiskey and taco eatery just past the Damen L transit station. Across the street from Big Star is The Violet Hour (1520 North Damen Ave., theviolethour.com). The lounge has a nearly hidden entrance and speak-easy feel. A house rule helps to achieve this — cellphones are left at the door! End your day by grabbing dinner at The Bristol (2152 North Damen Ave., thebristolchicago.com), an award-winning Bucktown restaurant. GQ named the eatery one of the 10 best new restaurants in America, and with its extensive wine list and seasonal-based creations, it's easily worthy of the title.

GQ named The Bristol one of the 10 best new restaurants in the U.S., so it's worth a visit if you find yourself in Bucktown. SUBMITTED

Lincoln Park

Before leaving Hotel Lincoln, grab a coffee from Elaine's Coffee Call. Located off the lobby, the small café is named after a former hotel telephone operator, who at night would call up former hotel mainstay and famed playwright David Mamet to see if he wanted an evening drink. The walls of Elaine's are covered with multiple layers of dog-eared wallpaper made even more interesting with coffee beans rubbed onto them with a brick. It makes the place feel well-loved, well-used and timeless.

Across the street from the hotel is Lincoln Park, a more than 1,200-acre retreat from the city nestled on the edge of Lake Michigan. Locals stroll and jog through the more than 25 kilometres of trails in this urban get away. Near the park centre is Lincoln Park Zoo (lpzoo.org), a free facility featuring a menagerie of creatures, from sea lions to land lions. The animals are like an extended family for locals, who can stroll through at any time and watch as the babies — including two recently born gorillas — grow up.



The Hotel Lincoln: Does it remind you of Moonrise Kingdom? SUBMITTED

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Stepping into the Hotel Lincoln is like walking onto the set of a Wes Anderson movie. The Midwest meets New England with golden yellows, foresty greens and a sense of quaint nostalgia reminiscent of the director's Moonrise Kingdom.

A number of the rooms feature curtains that open like the flaps of a tent, and patterned carpeting guides you through the hallways and suites. While it underwent extensive renovations before being opened by hotel operator Joie de Vivre early in 2012, the 12-storey building still retains its historic edge. The 184-room Lincoln has the feel of a boutique hotel with whimsical touches — like an eclectic wall of pictures and paintings leading from the lobby to the second floor, and a reception desk clad in drawer fronts. On the rooftop, an all-season bar offers sweeping views of Lake Michigan, North Avenue Beach and downtown Chicago. Off the lobby is Perennial Virant (perennialchicago.com), offering a seasonal menu and featuring pickled and canned ingredients purchased from local growers. (1816 North Clark St. jdvhotels.com.)

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Eat your way around the Rock

Foodie boom. Oil money and the fascination with celebrity chefs has put N.L. on the map as a tasty destination

New Year's Eve at Raymonds Restaurant in St. John's, N.L., will feature a luxurious 12-course tasting menu of seafood and wild game crafted by celebrated chef Jeremy Charles.

Each dish is based on a walk-in-the-woods theme and will showcase flavours from throughout the island, paired with wines from around the world.

The price?

A bell-ringing $325 per person, including the wine, tax and tip.

A more typical dinner for two at Raymonds — think Cornish hen with foie gras jus or pan roasted cod with Jerusalem artichoke puree — will top $300 with an appetizer and dessert, depending on which wine you choose from a 42-page list. Bottles range from about $40 to more than $2,000.

It's still a surprise to many people from out of town that fine dining of this calibre not only exists but thrives on the Rock. And while Raymonds is the jewel in this city's culinary crown, it's in fine company with a growing list of restaurants that increasingly delights globe-trotting food lovers.

The offshore oil boom has brought new visitors, executives and wealth to a province famous for its kitchen parties and culture of hospitality.

"Europe, Scandinavia, Japan. People are coming up from all over," said Charles, a soft-spoken and unassuming wizard in chef's whites.

Raymonds, named for his grandfather and the father of restaurant manager and sommelier Jeremy Bonia, was chosen Canada's best new restaurant last year by Air Canada's enRoute inflight magazine.

"I think we take a fairly simple approach with ingredients," Charles said. "We try to forage and source all local Newfoundland ingredients and, if not, Canadian."

Those basic elements include the freshest seafood, moose, rabbit, duck and lamb — grazed in summer on salt grass islands in the North Atlantic — that he infuses with French, Italian or whatever modern twists inspire him.

Jeremy Charles, owner and executive chef of Raymonds, gets busy in the kitchen. THE CANADIAN PRESS

Charles refined many of those techniques during the decade he spent away, cooking for the Molson and Bronfman families at a remote fly fishing camp in Quebec, and working as a private chef in Chicago and Los Angeles.

"Not everyone's expecting to see such food, I guess, in St. John's. But it's great to be a part of this whole food movement and I think we really have come a long way in the past few years," he said.

"A lot of people are pushing themselves to put out wonderful products and we're so proud of what we have here. We're so excited to share what we have with the rest of Canada and the world."

St. John's-based food writer and critic Karl Wells said Raymonds is worth every dollar for those who can afford it, and it seems there are many who can. Reservations in high season are recommended weeks in advance.

THE CANADIAN PRESS

Jeremy Charles says people are coming from around the world to eat at Raymonds. THE CANADIAN PRESS

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To wrap or not to wrap this shrimp, avocado and feta combo

Shrimp, Avocado and Feta Wrap

This recipe serves eight. Present it in a wrap or a bowl. RYAN SZULC, FROM ROSE REISMAN'S FAMILY FAVORITES (WHITECAP BOOKS)

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You can substitute baby cocktail shrimp if you don't have the larger ones. Also, be sure to seed the tomatoes first to avoid excess liquid.

Keeping some or all of the shrimp whole makes a lovely presentation. Corn kernels are a nice addition to the filling.

If you are serving these to guests, let them assemble the wraps themselves.

1. Lightly coat a nonstick skillet with vegetable spray and set over medium-high heat. Add the shrimp and grill just until no longer pink, about 3 minutes, turning halfway through. Remove from the heat and let cool slightly. Dice the shrimp and place in a large mixing bowl.

2. Add the tomatoes, avocado, cilantro, red onion, feta, olive oil, lemon juice, garlic, jalapeño, salt and pepper.

Ingredients

- 6 oz raw shrimp, peeled and deveined
- 1 1/2 cups chopped plum tomatoes
- 1/2 cup chopped avocado
- 1/4 cup chopped cilantro
- 2 tbsp chopped red onion
- 1/3 cup crumbled light feta cheese (about 1 1/2 oz)
- 1 tbsp olive oil
- 2 tbsp lemon juice
- 1 tsp finely chopped garlic
- 1 tsp finely chopped jalapeño pepper (or 1 tsp hot chili sauce)
- pinch of salt and pepper
- 4 large whole lettuce leaves
- 4 large whole wheat flour tortillas

3. Place 1 lettuce leaf on each of the 4 tortillas and divide the shrimp mixture evenly among the tortillas, spreading it to about 1/4 inch from the edges. Fold in the sides of the tortillas and roll up. Cut each in half and serve. ROSE REISMAN'S FAMILY FAVORITES (WHITECAP BOOKS)

Drink of the Week

Orange Cosmo Crush

Before the final leaves fall off the trees, celebrate autumn one last time with this fun adult drink that's perfect for parties.

- 15 ml (1/2 oz) Drambuie
- 30 ml (1 oz) orange-flavoured vodka
- Juiced 1/2 orange
- Ice

Half-fill a mixing tin with ice and add Drambuie, vodka and orange juice. Shake until tin is frosted and strain into a martini glass.

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At the end of my five years at Simon Fraser University, I received a bachelor in business administration and honours in marketing and management information systems. It was very exciting, and the certificate is proudly displayed in my parents' den. But that is not definitive of my time at SFU. Instead, the out-of-classroom elements, including three co-ops, case competitions both local and abroad, an academic exchange at Tsinghua University in Beijing and a community development internship in Brazil, have defined my past five years. It is those elements of my university experience that have made me more competitive in the business world and allowed me to secure a role with Procter & Gamble one year prior to my graduation.

What I'm doing now
After I signed with P&G in November 2011, I graduated from SFU in April 2012 and travelled to Southeast Asia with my friends, followed by a two-month volunteer internship via SFU AIESEC, a student-run exchange group, in the south of Brazil. I am now working at P&G Canada in Toronto as an assistant brand manager.

My advice for employers, schools and career centres
For business students attending school on the west coast who are looking for careers in eastern Canada, it will be more of a challenge, as not all prospective companies actively recruit on the west coast. However, that allows students who are more engaged in the job-hunting process to step outside of the typical recruit process and actively seek for informational interviews/referrals from their networks such as alumni, career centres, and past co-op employers. I encourage employers, career centres, and schools alike to bridge the recruitment gap and ensure that the west coast is represented when the Ontario-based companies go through their annual recruits. Schools with strong alumni networks, co-op programs and formal recruits with job postings/deadlines will really help prospective grads focus their energies on companies which are actively recruiting.

My advice for students
When I reflect upon my past five years, co-ops and case competitions have undoubtedly honed my career-oriented acumen and skills. However, my most memorable experiences would be my exchanges. From my exchanges in China and Brazil, I have emerged as more of a global citizen, with a better understanding of myself and where I want to be. I made friends with people from across the globe, I learned a new language, a new culture and I made an impact with those who I volunteered with.

All in all, there's only one thing left for you to do. Stop hesitating. Apply today and go on an exchange. I highly recommend doing at least one exchange. There are significant differences between an academic and an AIESEC exchange, so I would recommend doing both if you can. There may be reasons against the exchange, but I know the experience is worth delaying graduation by a semester or two.

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Music Friday, Nov. 30, 12:30 p.m. – room 1227	Broadway
Employment Skills Access Monday, Dec. 3, 1:30 p.m. – room 206 Monday, Dec. 10, 1:30 p.m. – room 237	Downtown Downtown
Transportation trades Tuesday, Dec. 4, 11 a.m. – lobby, building B	Broadway
Teaching English to speakers of other languages (TESOL) Tuesday, Dec. 4, Noon – room 518	Downtown
English as a second language & ESL community classes Wednesday, Dec. 5, 10 a.m. – room 5025	Broadway
Building service worker Wednesday, Dec. 5, 1 p.m. – room 206	Downtown
Access to practical nursing Wednesday, Dec. 5, 4 p.m. – room 1228	Broadway

Downtown campus is located at 200-block Dunsmuir at Hamilton, two blocks west of Stadium SkyTrain station.

Broadway campus is located at 1155 East Broadway, one block west of Clark Drive and across from VCC/Clark SkyTrain station.

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A recruiter's guide to the attention-grab

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Take the time to think for a moment before you speak and prepare a concise answer to the question asked. ISTOCK

I work as a recruiter, meaning I assist my company in finding people that fit with our company culture, convey a passion for what we do and, most importantly, have the potential to take on the roles that we hire for.

With hundreds of applicants each week and a commitment to speak to each and every one of them, I have been exposed to both outstanding as well as disappointing job seekers.

Each day, I conduct phone interviews where I speak to a handful of impressive applicants.

They answer the phone excited about the prospect of a new position and relay back to me information they researched about the company, asking for clarification along the way.

Unfortunately, they are the minority. Most applicants have neglected to do so much as a quick Google search about the company. They answer the phone, neither thanking me for getting in touch with them nor displaying any interest or excitement about what I'm telling them.

A surprising number of people fail to follow simple guidelines, severely lowering their likelihood of getting hired. These are my top three tips for how students and recent grads can impress recruiters like me:

Be enthusiastic

If you are being contacted by the company you applied with, you should be quite grateful. I have applied to dozens of jobs over the past few years and never got so much as an email thanking me for my application for most of them. If a company has taken the time to contact you and give you a chance, be excited! Whether the interview is for your dream job or just to make some money during your summer holidays, show some enthusiasm.

Know why you want this particular job

Take the time to research the company and position. Having some background knowledge will make your interview go much more smoothly. The more you know about a company's history and objectives, the more likely you will be able to connect yourself and your experiences to the role you are applying for.

Make connections

To get an interview started, I often ask applicants to tell me a bit about their work experience. Oftentimes, they rhyme off their past few years of work without actually telling me the most important part of these experiences. Take the time to point out specific responsibilities you had or skills you developed through the jobs you held.

Saying you had a customer service job is far more impressive if you add in the fact that you were able to sharpen your communication skills and your ability to stay focused under pressure, or that you often assisted management with more advanced duties, such as ordering new merchandise.

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BC Sikhs mark birthday of founder

South Asian households across the Lower Mainland mark the birthday of Guru Nanak.

Each year, approximately 4 to 6 weeks before Christmas, thousands of British Columbians commemorate the birth of another enlightened saint, one born significantly further from our shores than Bethlehem.

The penultimate full moon of 2012 falls on November 28th, a date that marks the annual *Gurpurab*, or the birth of Guru Nanak Dev ji.

Indo-Canadian households across the Lower Mainland and Canada will be attending their community *gurudwaras* to mark the birthday of the founder of the Sikh religion. The celebrations will be as subdued and modest as Christmas can be lavish.

Families attend a special prayer reading that falls annually on this late Autumn full moon. Sikhs from across Canada, the UK, Asia and India, share in religious meditation and mark family bonds, returning to the basics to recognise the life of man who was anything but ordinary.

Guru Nanak, or Nanak Bedi by his family name, was born in 1469 in a village that is located now in modern-day Pakistan.

At approximately 500 years old, Sikhism is arguably the youngest organised religion in the world – its recognised birth year of 1499, according to the eponymous *Nanakshahi* calendar, comes 7 years after Columbus stumbled upon America.

Over his seventy year life, Baba Nanak, as he is affectionately known, became India's religious iconoclast.

While simultaneously in Europe, Martin Luther was initiating the Protestant Reformation by railing against the bartering of Catholic indulgences, Guru Nanak was agitating for social rebellion in India.

He fought for universal human rights against the plutocracy of medieval India. It was an era of kings, nobles, feudal servants, and slaves – a time when equality of all people was anything but self-evident.

Portrait of Guru Nanak on a wall at the Akal Takht in Amritsar, India.

Photo courtesy of Navroop Sehmi Photography

His advocacy for egalitarianism in the face of India's harsh caste system was as scandalous as Christ's call to '*love thy enemies*' from the infamous Sermon on the Mount.

On an individual level, he encouraged people to seek truth through meditation upon god's name and essence. Repetition of religious rituals were as empty to Nanak when it came to righteous living as earning for oneself, (*kirt kamaee*), and *sewa* – giving back to one's community – were necessary for it.

Over his lifetime, Nanak inscribed his spiritual views through poetry that today forms the core of the Guru Granth Sahib – the Sikh scriptures or holy book at the centre of *gurdwaras*, or Sikh temple. True to his humanistic ideals, Nanak also published the poetry of a dozen other sages, from various faiths such as Hinduism and Islam, in the Sikh Granth.

An analogy, unthinkable even in though given centuries of religious warfare, would be for the Bible to include passages written by Muslim saints. Truth for Nanak, a radical force, was not confined to within the borders of any one faith - an unsettling message for any orthodoxy.

This singular decision, to transcend religious boundaries and create a movement based on universal humanism, gives Sikhism its defining characteristic of being an open and non-proselytising faith. Five centuries after the first Sikh congregations started gathering, anyone from any religious background is permitted to attend a Sikh temple – there is no expectation to convert.

Despite Sikhism being the fifth largest organised religion in the world with temples across Canada, the US, UK, Asia and India, little is known, however, of Guru Nanak and his legacy outside of Sikh communities.

And as intuitive as Nanak's vision is of all humans being equals in one universal family, his ideals are still far from realised.

In a world of open borders and mass immigration, Nanak's message is more relevant than ever.

In multicultural cities like Vancouver, Nanak's path demands that we step out of our comfort zones, social cliques and cultural nooks – something socially-aloof Vancouverites chafe against. His vision encourages us to build shared spaces and communities that cut across ethnic, religious and cultural lines.

Ironically, it seems the teachings of a 15th century sage from India hold the lessons required for us to become better Canadians.

By Jagdeesh Mann
Special to Post Group Multimedia

Walking the Guru's path

Only the inward journey and self-realisation will resolve world conflict.

In the Sikh faith, there is no separation of family and spiritual living.

The two are not mutually exclusive. Rather they are wedded in union.

Guru Nanak says: "A person can lead an ideal life as a householder doing his normal activities, while being deeply soulful and absorbed in contemplation and devotion to God."

From its Sanskrit roots, the word Sikh means 'someone who is a learner'. In this regard, the seeker or learner - a Sikh - must attend to his family and social duties, create harmony with others and simultaneously work to deepen his connection with God.

In a modern world stricken with communal and religious tension, one that is constantly in peril from destructive weaponry, there is an urgent need to create our own internal deterrents: bonds of mutual respect and love between all communities.

We all have to work towards attaining this goal in our personal and public lives. No one can accomplish these goals better and faster than the younger generation of every religious persuasion and nationality.

Though Guru Nanak launched his movement for peace and love in the 15th century, his message enshrined in the Sikh holy book, the Shree Guru Granth Sahib Ji, transcends its historical period and is relevant now as much as it was then.

His teachings seek to clear away the confusion caused by anger, ego, lust, attachment and envy so we can realise truths that are obscured by a strife torn world.

Nanak's ideal was to build a community of men and women filled with a sense of love as God's language is love – for all creatures.

The core of his message is as elegant as it is practical: earn a living by honest means, meditate upon god and creation to nurture equanimity, and share your wealth with others.

For Nanak, the real journey for all human beings was self-realisation – making the inner journey to develop a sense of unconditional love within.

Dr Pargat Singh Bhurji MD, FRCP(C) is a specialist in pediatrics and neonatal medicine and a Fellow of the Royal College of Physicians of Canada.

By Dr. Pargat Singh Bhurji
Special to Post Group Multimedia

Guru Nanak's Free Kitchen fights hunger on Vancouver streets

Concept of sewa drives volunteer group to hand out hundreds of meals every weekend.

It's 5AM. Nestled along the crest of the Fraser River, the Sukh Sagar Sikh temple is humming with activity.

While the winter mist still blankets Queensborough, inside the neighbourhood's century old *gurudwara* a small group of volunteers is maneuvering through another morning of preparing hundreds of meals comprised of rice, lentils and chick peas. These will be served later in the day to the city's needy.

Founded in 2007 and still an entirely volunteer-run and self-funded organisation, Guru Nanak's Free Kitchen has parked it's *sewa*-powered operation on the poorest street corners of the Lower Mainland and handed out over 100,000 free meals to those in need.

And every weekend for the past 5 years, the group's four core members have remained steadfast to their cause, whether that means awaking in the early ambrosial hours of morning to cook or driving the van out to the meal distribution sites.

"The practice of sewa is what drives our group of volunteers every week to cook and reach out to our city's homeless and people in need," explained Tajinder Kaur, referring to the Sikh principle of giving back to the community and serving those in need.

"*Sewa* requires spiritual commitment and through its practice we have been able to help thousands of people and simultaneously, for ourselves, learn about humility."

Every Sunday, Guru's Nanak's Free Kitchen can be found on Hastings and Main at 1PM. The volunteer group can also be found every second Friday and Saturday evenings at the 1st United Church on Hastings and Gore at 11AM. Every fourth Friday of the month, the group serves dinner at 1st United Church.

The Free Kitchen also hands out meals in Surrey at the Front Room every Sunday at 1:30PM at 10667 135a Street.

"We typically serve more meals in winter given the Lower Mainland's homeless population swells due to its mild climate," Tajinder stated. "On those Sundays, we serve upwards of 600 meals."

The group does not rely on any government funds for its work. All money for food is donated from the Sikh community. There is no missionary agenda to the charitable work and anyone can volunteer.

Every Sunday, volunteers from Guru Nanak's Free Kitchen serve meals at Hastings and Main.

For the past two years, South Asian businesses Gagan Foods and Fruiticana have donated food provisions for the Friday meals.

Guru Nanak Free Kitchen accepts donations of cash and foodstuffs. If you would like to donate, volunteer or for more information, call 604 442 7382 or go to *www.facebook.com/free.kitchen* or the group website: *www.gnfk.org*.

By Jagdeesh Mann
Special to Post Group Multimedia

Surrey Sikh community forms military alliance

Launch of 3300 BC Regiment RCACC a milestone in the history of the Canadian Armed Forces.

It will be a historic occasion this evening when some of 'Canada's future generals' take their first tentative steps toward participating in the country's armed forces.

That was the term used by Canada's Chief of the Defence Staff, General Walt Natynczyk, when he learned of the development of the 3300 BC Regiment RCACC – the country's first cadet unit sponsored by the Sikh community.

With the corps set to launch on the birth anniversary of Guru Nanak, the founder of Sikhism, the response to the opening of the regiment has been overwhelming.

Organisers are expecting upwards of 500 parents and children tonite in Surrey.

Last week, over 300 parents and youth attended the uniform fitting and registration session.

"This is a momentous day for all of us," said Harbinder Singh Sewak, chairman and founder of the Friends' of the Sikh Cadet Society, who mooted the idea of the new cadet corps about two years ago. "We already have about 60 youth signed up for the 3300 BC Regiment RCACC," said Sewak, noting that the launch was booked for the same day as Gurpurab as a means of honouring the past while investing in Canada's future.

New recruit being measured for his uniform for the 3300 Cadet Corp.

The organisers and Sikh community supporting the 3300 RCACC are looking to the corps to wed bedrock Sikh values of standing up for the downtrodden, and giving back to one's community with progressive Canadian ideals of being lawful citizens and forward thinking.

Known as the 3300 BC Regiment RCACC, the cadet unit is sponsored by the Friends' of the Sikh Cadet Society. The Cadet Programme is funded by the Department of National Defence in partnership with the civilian Navy League, Army Cadet League, and Air Cadet League of Canada.

The civilian sponsor requires local community support to meet its obligations that include accommodations, training aids and equipment and programme enhancements not otherwise provided by the Canadian military.

Sikhs have a rich martial history with Sikh battalions having been an integral part of the Indian and British Armed Forces. Over 80,000 Sikh soldiers died fighting on behalf of the Commonwealth in the two world wars and over 100,000 were wounded.

The launch of the 3300 RCACC takes place Wednesday November 28th at the Surrey Sikh Academy from 6-9PM. Please contact commanding officer Jim Blomme at *778-789-4883* for more information.

By Jagdeesh Mann
Special to Post Group Multimedia

Historical events in Guru Nanak's lifetime

April 15, 1469	Guru Nanak is born
1480	Nanak now 11, refuses to tie Hindu sacred
1481	Feeds holymen, teaches 'Sacha Sauda'
1482	Portuguese traders build first slave outpost in Africa
1485	Meets travelling companion Mardana
1487	Marries Mata Sualhni
1491	Birth of first son Sri Chand
1492	Christopher Columbus lands in America
1495	Jews expelled from Spain
1496	Birth of second son Lakhmi Chand
1497	John Cabot reaches Newfoundland

Bricks, mortar and community

For Daljit Thind, the building supplies of success cannot be bought at a hardware store.

Business acumen, family networks, strong mentors… these have all been attributed to success in commercial ventures.

When asked to divulge the X-factor behind his meteoric rise to the upper echelons of the Lower Mainland building and development industry, Daljit Thind sits back and pauses.

The silence inevitably yields an unexpected response: humility.

"For me, the secret behind success is humility. This is required in order for there to be hard work and honesty that leads to business success," explains the soft-spoken founder, and CEO of Vancouver-based property development firm Thind Properties Ltd.

For Thind, an immigrant from Punjab, India, that sense of humility is not only defining for any start-up's growth trajectory, it is also essential for longevity once a business matures.

"When you achieve success, you must not take it for granted. Always show your gratitude and integrity by putting in your best effort," he states. "And along the way, you must perform sewa, giving back to your community."

Sewa is one of the defining principles taught by Guru Nanak, of sharing your wealth with others. The practice is intended as a spiritual activity to help one break free from the bondage of their ego.

For Gurpurab celebrations, Thind, along with his wife, Harinder, and their three teenaged children, Paul, Priya and Gary, will congregate with others from the Sikh community to honour Guru Nanak.

The developer, who's hectic schedule has him shuttling between his Kingsway office and multiple building sites across the Lower Mainland, also is a firm follower of the guru's principle of earning an honest living (kirat kamai).

According to Guru Nanak, only a person who earns by the sweat of his brow and shares his earnings with the needy can embark upon a spiritual path.

For Thind, that path started in the early 1990s, after graduating with a degree in science from India's Maharshi Dayanand University.

After emigrating to Canada, he quickly realized that gaining Canadian accreditation as a pharmacist would require more years of education than the newly married Thind could then sacrifice.

He put aside his lab coat and dream of becoming a pharmacist and instead picked up a hammer and tool belt, taking on odd jobs in the construction trade.

Trained as a pharmacist and self-taught in construction, Daljit Thind is now building highrise developments.
Photo Courtesy of www.darpanmagazine.com

"I was doing many different things – framing for new houses, putting up walls, installing doors and windows, doing the plumbing," he recalls. "Being on a building site was not at all like working in a laboratory. But I was grateful for the work and the income.

"I looked at it as a positive opportunity to learn something new."

Thind focused on gaining as much knowledge about the construction industry as he could. In hindsight, he says these early years gave him a unique "insider's perspective" into the field of property development.

"I learned how to do many of the things that go into building a house or even a highrise," he explained. "Even though I may not do them with my own hands now, I know what needs to be done in order to ensure the quality is there."

Since building his first home in Surrey in 1996, Thind's company has worked on hundreds of projects, constructing everything from duplexes in Burnaby to multi-family complexes in Vancouver.

"Knowing that we are providing good homes for people is more important than the financial success," he says.

"The guru teaches us to work hard and make an honest living. At the same time, we do positive, good things for other people. Real success comes from these principals."

Thind's current philanthropic interests include supporting reforestation projects in India and building schools that educate young women.

"We must treat women with respect if a society is to mature and develop," says Thind, adding that in India, many girls are denied access to any level of education past primary school.

"One of the projects I support provides schoolbuses covering over 30 villages. Local girls can get bachelor degrees and change their lives."

In the Lower Mainland, Thind is an avid supporter of Progressive Intercultural Community Services (PICS), a society which provides settlement services

See next page

Historical events in Guru Nanak's lifetime

1498	Vasco da Gama sails to India
1499	Nanak goes missing for 3 days, has mystical experience. Proclaims "there is neither Hindus or Muslims, God is neither." Sikhism is born.
1500	Begins first 'Udasi' or travels (7years), visits ancient Hindu city of Benaras
1506	Begins 2nd Udasi (7years), goes to Sri Lanka
1514	Copernicus declares the Earth revolves around the sun
1514	Begins 3rd Udasi (5years), goes to Kashmir, Nepal and Tibet
1517	Martin Luther starts Protestant Reformation
1519	Begins fourth Udasi (3years), goes to Baghdad and Mecca
1520	Babar attacks India - Mughal Empire founded
1521	Cortes conquers Aztecs
1522	Founds town of Kartarpur, builds first Sikh gurudwara Kartarpur Sahib
1523	Begins fifth Udasi for 2 years, travels in Punjab.
1535	Jacques Cartier lands in Montreal
Sept 22, 1539	Nanak dies in Kartarpur, appoints Bhai Lehna as sucessor.
1574	Golden Temple built

From previous page

to newcomers. Particularly close to Thind's heart is PICS' Guru Nanak Niwas, a 77-unit independent living facility for seniors in Surrey.

"It's a very important place built for seniors who otherwise would have no place to go," he finishes, "The staff members speak English, Punjabi, Hindi, Bengali, Urdu and Fijian Hindi and there is South Asian food."

As the PICS project exemplifies, for Daljit Thind, building a house is a matter of erecting only four walls and trussing in a roof overhead.

Building a community home, however, requires people leading the way to give back.

By Noa Glouberman
Special to Post Group Multimedia

Guru Nanak Profile prepared by Post Group Multimedia

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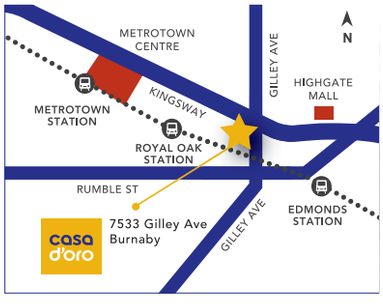

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CFL

Elimimian wants an early release from the Lions

Solomon Elimimian is seeking a release from the B.C. Lions to pursue opportunities in the National Football League, the linebacker's agent Bardia Ghahremani confirmed Tuesday.

Elimimian has had interest from football teams south of the border, including the Cleveland Browns. However, he cannot work out for them until Feb. 15, when his contract with the Lions expires.

The Canadian Football League's most outstanding rookie in 2010, Elimimian, 26, was cut by the Browns and Minnesota Vikings late this summer.

He rejoined the Lions in September, and played in six regular-season games, registering 12 defensive tackles.

Elimimian was twice named the league's hardest hitter in a CFL on TSN Player Poll during his first two years in B.C.

CAM TUCKER/METRO

NHL

Stop bargaining through media: Retired UBC prof 's advice for lockout

Mark Thompson, an expert on labour law and collective bargaining, has some advice for the National Hockey League and its players' association as the lockout entered its 74th day: Quit bargaining through the media.

Thompson, a professor emeritus with the UBC Sauder School of Business, said if he was a mediator called to help provide guidance to parties involved in the labour dispute, he would tell both, "No more press conferences."

"One of the problems they have in this kind of negotiation is they're always bargaining through the media. That's never productive," said Thompson in a phone interview.

"When they're talking to the media, they're not talking to each other."

On Monday, U.S. federal mediators were brought into the dispute, as the league and the NHLPA continue to try and form a new collective bargaining agreement.

The old CBA expired on Sept. 15, prompting the lockout, the NHL's third since 1994.

CAM TUCKER/METRO

Clan set for NCAA Final Four debut

Soccer. SFU men's team knows history is on the line as they tackle Saginaw Valley in semifinal

CAM TUCKER
cam.tucker@metronews.ca

The mood around the SFU Clan men's soccer team was that of relaxation and focus, according to the coach and players Tuesday.

Call it the proverbial calm before the storm.

The Clan will play the Saginaw Valley Cardinals in the semifinal of the NCAA Division II Final Four on Thursday in Evans, Ga.

A win, and SFU, the first non-American school in the NCAA ranks, plays either the Mercyhurst Lakers or Lynn University Fighting Knights for the national championship on Saturday.

History is at stake.

Canadian athletes have been part of NCAA championship teams before, but SFU is two victories away from becoming the first Canadian school to win a NCAA title.

"It certainly struck us," said Michael Winter, a senior with the Clan from Vancouver.

"I'm sure there's a few nerves but when you get on the field, you get down here and you're focused, those nerves sort of get pushed aside. And certainly … during the game you don't think about that at all."

SFU midfielder Michael Winter protects the ball during a match earlier this season. Winter is in his final year with the Clan, who play the Saginaw Valley Cardinals in the NCAA Final Four semifinal in Evans, Ga., on Thursday.
MICHAEL CHEN/SFU

Due to eligibility, Winter will finish his university soccer career no matter the outcome this week.

He won a Canadian Colleges Athletic Association title with North Vancouver's Capilano University in 2008, but admitted a NCAA title would perhaps be the proudest moment of his career.

So far this year, the Clan has obliterated the competition, compiling a 19-1-1 overall record and 12-1-1 as part of the Great Northwest Athletic Conference.

However, that's "completely forgotten about," said head coach Alan Koch.

"Every game in the postseason is a whole new season and a new season starts on Thursday. We want the season to continue."

Thursday will mark the first and only meeting of the 2012 season between SFU and Saginaw Valley and, from the coach's perspective, the often high-scoring Clan could be in for a defensive struggle.

The Cardinals have eight clean sheets in their last 10 matches, regular season and playoffs.

"They're very organized, an incredibly solid defensive team," said Koch.

"And probably one of the hardest-working teams we'll ever play against, which we're going to have to match their work rate to give ourselves a chance.

"We know they're a good team but we're a good team too and we're looking forward to fighting it out."

Quoted

"I certainly want to go out with a bang and a national championship would be a good way to end my career."

Michael Winter, senior with SFU Clan men's soccer team

Giants vs. Warriors — storylines

Three to look for

The Vancouver Giants resume their Western Hockey League schedule Wednesday night against the Moose Jaw Warriors at the Pacific Coliseum.

The Giants are coming off a 2-1 loss to the Kamloops Blazers — the No. 2 team overall in the latest Canadian Hockey League rankings and the top club in the WHL — on Saturday.

Here's a look at three key storylines heading into Wednesday's game:

Four is enough

The Vancouver Giants come into Wednesday's game looking to snap a four-game losing streak. The Giants, currently in the midst of a rebuilding season, sit last in the WHL with a 7-17-0-0 record and 14 points as of Tuesday.

"I think that you don't talk about the wins and losses, you talk about getting better, about developing players, about staying patient," said head coach Don Hay.

Morgan Rielly's homecoming

Morgan Rielly, a product of West Vancouver's Hollyburn Country Club, comes to town with the Moose Jaw Warriors.

Rielly, 18, was selected fifth overall in June's NHL Entry Draft by the Toronto Maple Leafs, despite missing 54 games last season with a torn anterior cruciate ligament.

Morgan Rielly
GETTY IMAGES

Warriors D-man out with concussion

The topic of concussions has been a lightning rod in the hockey world, particularly as it pertains to young players.

And there is more sobering news on the subject.

Last week, the Warriors announced 19-year-old defenceman Reid Jackson will miss the season with a concussion and post-concussion symptoms, and in order to receive treatment.

"It was a difficult decision but it was the best decision for me," said Jackson in a statement released by the Warriors. CAM TUCKER/METRO

Hockey

Top Blue Jackets prospect out for season with shoulder injury

Ryan Murray is expected to miss the rest of the season with a shoulder injury, delivering a blow to Canada's world junior team.

The 19-year-old Everett Silvertips captain suffered a torn labrum in his left shoulder after taking a hit while playing Victoria on Nov. 16. On Tuesday, it was revealed the injury will require surgery that will sideline Murray for six months.

The defenceman was the second overall pick of the Columbus Blue Jackets earlier this year and was expected to challenge for a spot on the NHL team as soon as the lockout ended.

He had two goals and 17 points in 23 games for the Silvertips this season.

Murray represented Canada at last year's world junior championship and would likely have been a key member of the team that competes in Ufa, Russia, next month.

He also became the second-youngest Canadian ever to play at the IIHF World Hockey Championship in May.

THE CANADIAN PRESS

Ryan Murray of Team Canada skates during the 2012 World Junior Hockey Championship on Jan. 5 in Calgary. GETTY IMAGES FILE

EHC Biel's Tyler Seguin takes the ice for a game against the Rapperswil-Jona Lakers on Sept. 29 in Biel, Switzerland.

PETER SCHNEIDER/THE ASSOCIATED PRESS

Seguin finds next gear in Switzerland

Hockey. Locked-out forward taking game to new level overseas

It is awfully hard to miss Tyler Seguin these days.

Not only is the locked-out NHL forward tearing up the Swiss hockey league, he's doing it in style. Seguin stands out among his EHC Biel teammates on the ice because of the bright yellow helmet he wears — an honour bestowed on the top-scoring player for each team in Switzerland.

The 20-year-old has been an offensive force with 20 goals in 20 games, making him the most productive NHLer plying his trade in a league that includes Jason Spezza, Joe Thornton, Rick Nash, John Tavares and Logan Couture, among others.

In fact, Seguin has even managed to exceed his own expectations so far.

"I had no idea what to expect when I came to Switzerland," he told the Tages-Anzeiger newspaper recently. "The league is very competitive — the speed and the talent level of the players has surprised me. It took me some time and effort to get used to it."

The trip abroad has also come with new opportunities. After seasons of 22 and 67 points with the Boston Bruins, it was reasonable to expect that Seguin would have made another leap forward during his third year in the NHL.

However, he likely wouldn't have been relied upon by Boston as much as he is in Biel, where he's been used in virtually every situation. Over the weekend against Bern, he blocked a shot while killing a penalty and scored on a short-handed breakaway.

Seguin has seen limited penalty-kill action in the NHL and made reference to his new role on Twitter on Monday: "Got a short handed goal the other night. Wonder if @NHLBruins will see it. #blockshots"

Seguin was one of the first players to sign in Europe once the work stoppage came into effect back in September. Asked by Swiss journalists recently why he chose Biel, he replied: "I just wanted to play hockey." THE CANADIAN PRESS

Quoted

"Scoring goals is never easy; I didn't do very well at the beginning. Now I just hope to continue playing well like I have been lately."

EHC Biel forward Tyler Seguin

By the numbers

3

Tyler Seguin has scored three hat tricks in his first 20 games with EHC Biel.

Elsewhere in Europe

Patrik Berglund

Vasteras (Sweden): Berglund is giving his hometown team more than its money's worth. The St. Louis Blues centre chose to play for free in an effort to give back to the organization that helped him reach the NHL. Berglund has 16 goals and 25 points in 20 games.

Jaromir Jagr

HC Kladno (Czech Republic): Is there anything the 40-year-old can't do? Already the owner and president of his hometown team, Jagr is also its leading scorer with 36 points in 22 games. That is the highest total of any locked-out NHLer currently in Europe.

Paul Bissonnette

Cardiff Devils (Great Britain): Known primarily as a fighter with the Phoenix Coyotes, Bissonnette is an offensive star a few rungs below the NHL in Cardiff, where he put up six goals and 16 points in his first seven games. Surprisingly, the six-foot-three heavyweight has yet to drop his gloves and fight.

THE CANADIAN PRESS

Penn driven by desire to be named among the greats

B.J. Penn, left, punches Nick Diaz during a mixed martial arts welterweight bout in Las Vegas on Oct. 29, 2011. Former champ Penn says he will be in top shape for his Dec. 8 UFC fight with Rory MacDonald. ISAAC BREKKEN/THE CANADIAN PRESS

Former champion B.J. "The Prodigy" Penn says he will be in top shape for his Dec. 8 UFC fight with Rory "Ares" MacDonald, pointing to the desire to add to his legacy and trash-talk from his young Canadian opponent as motivation.

Penn, a former lightweight and welterweight title-holder, has not always maximized his training and it has cost him in fights.

The Hawaiian, 33, retired in the cage in October 2011 after a lopsided loss to Nick Diaz. After mulling over his future, he told UFC boss Dana White he wanted to return, with the highly rated MacDonald (13-1) as his welterweight opponent.

Penn (16-8-2) said he told White via a text exchange several months ago that he was tired of being ignored when it came to talk of the cream of the fighting crop.

"I told Dana I watch all these interviews and all these people talking and no one says my name when they're talking about the greatest fighters anymore. And I really don't like that, it really bothers me," Penn told a media conference call in advance of his showdown with MacDonald in Seattle.

"And I know it's my fault. I know I'm the reason why people don't talk about me when they talk about GSP (Georges St-Pierre) or Anderson Silva. My name was always in the mix. It's never in the mix any more."

Just 23, MacDonald is considered by some as the heir apparent to GSP, who has two wins over Penn.

The native of Kelowna, B.C., who moved to Montreal to train at Tristar, is 4-1 in the UFC and has won three straight in impressive fashion since losing to Carlos Condit — beaten by GSP at UFC 154.

"There's a lot of hype behind him," White said of MacDonald. "A lot of people that I respect in the business say good things about him."

THE CANADIAN PRESS

Ready for a fight

- Penn has had plenty of time to prepare.
- Originally slated for September at Toronto, the bout was delayed when MacDonald suffered a cut in training that needed 38 stitches.

Argos host rare championship party in Toronto

Quarterback Ricky Ray waves to fans as he and his Argonaut teammates take part in a parade celebrating their Grey Cup victory on Tuesday. NATHAN DENETTE/THE CANDIAN PRESS

Victory celebration. Boatmen parade Grey Cup in streets following win over Stamps in title game

Chad Owens danced onstage with his young son while Jalil Carter rode shirtless in the back of a pickup truck sipping from a Tim Hortons cup, and Adriano Belli planted a smooch on Toronto's embattled mayor.

Cornerback Evan McCollough arrived late, running to catch up to the parade at Yonge Street.

The Argonauts and their fans celebrated a rare treat Tuesday — a championship party in their own backyard.

And all the crazy antics culminated with the common refrain of "Repeat!" from a CFL team and its fans that could certainly get used to winning.

"All the ups, the downs, the stretches we went through, when we lost five out of six games, just knowing that we stuck together, persevered through and never lost sight of our dream and our goal and we made it through," said Owens, the slotback who won the league's most outstanding player award this season.

"It's so special. The 100th Grey Cup. In our city. Never going to forget that."

The Argonauts paraded the venerable trophy through downtown Toronto, arriving at Nathan Phillips Square to a festive lunchtime crowd of several thousand to celebrate Sunday's 35-22 victory over the Calgary Stampeders in the 100th Grey Cup.

Fans — clad in jerseys and tuques in the Argos' double blue — lined the streets and packed into the square in celebration of the city's first championship since 2004, which was also won by the Argos.

"This is awesome," said quarterback Ricky Ray. "It feels like a once-in-a-lifetime experience. Not everybody gets to win the Grey Cup, and experience what we got to today, and just to come here and share it with our fans is awesome."

THE CANADIAN PRESS

Quoted

"This is what you call a dream come true, folks. We said they could do it and they did it."

Mayor Rob Ford. Ford was greeted with a mix of boos and cheers at the parade, one day after a judge ordered him removed from office on conflict-of-interest charges.

Argos slotback Chad Owens rides through downtown Toronto on Tuesday. CHRIS YOUNG/THE CANADIAN PRESS

Toronto Mayor Rob Ford grabs the Grey Cup on Tuesday. THE CANADIAN PRESS

MLS

Toronto FC exercises 2013 option on Hassli

Toronto FC is bringing back French striker Eric Hassli after the club picked up the option on his contract for the 2013 season.

The designated player was acquired in a trade with the Vancouver Whitecaps on July 20 after Danny Koevermans was lost for the season with a knee injury.

Eric Hassli GETTY IMAGES FILE

But Hassli was not able to fill in for the prolific Dutch striker as expected as injuries limited the Frenchman to seven league games. Hassli scored three times over that span.

Hassli said he would have no problem working with Koevermans when he returns to active duty.

Hassli said he enjoys playing for head coach Paul Mariner and feels the former England international is the right man to turn around a team that finished 5-21-8 in 2012.

The club said Hassli, who made US$790,000 this season, will be a designated player again in 2013.

THE CANADIAN PRESS

NBA. Raptors suffer 5th straight loss in Houston

James Harden scored 24 points and matched a career high with 12 assists to lead the Houston Rockets over the Toronto Raptors 117-101 on Tuesday night.

Patrick Patterson added 22 points for the Rockets, who have won four in a row. Omer Asik had 13 points and 18 rebounds.

Andrea Bargnani scored 21 points and Terrence Ross added a career-high 19 for the Raptors, who have lost five straight.

The Rockets planned to fly to Minneapolis immediately after the game to attend Wednesday's funeral for Sasha McHale, the 23-year-old daughter of coach Kevin McHale. Sasha McHale died on Saturday from complications of lupus.

The team will then fly from Minneapolis to Oklahoma City to face the Thunder on Wednesday night — Harden's first game there since he was traded to Houston on Oct. 27.

Jeremy Lin had 16 points and 10 assists for Houston. Lin went 7 for 9 from the field, his best shooting game of the season. He was 6 for 12 from the field in Friday night's win over New York.

James Harden scored 24 points and had 12 assists vs. the Raptors. THE ASSOCIATED PRESS

Bargnani kept Toronto close for a while, starting 7 for 9 from the field and hitting three three-pointers in the first half. The Rockets shot 51 per cent (26 of 51) in the half and led 61-51 at the break.

Raptor Kyle Lowry, who played for Houston from 2009-12, got supportive applause when he was introduced before the game.

He finished with seven points on 3-for-10 shooting.

The Rockets recognized Sasha McHale's death with a moment of silence before the announcement of the starting lineups. Players wore green bands on their jerseys.

THE ASSOCIATED PRESS

Tough court

The Raptors have lost six straight games in Houston.

NBA

EASTERN CONFERENCE

	W	L	Pct	GB
Miami	10	3	.769	—
Brooklyn	9	4	.692	1
New York	9	4	.692	1
Milwaukee	7	5	.583	2½
Atlanta	8	4	.667	1½
Philadelphia	9	6	.600	2
Boston	8	6	.571	2½
Charlotte	7	6	.538	3
Chicago	6	7	.462	4
Indiana	6	8	.429	4½
Orlando	5	8	.385	5
Detroit	4	11	.267	7
Toronto	**3**	**12**	**.200**	**8**
Cleveland	3	12	.200	8
Washington	0	12	.000	9½

WESTERN CONFERENCE

	W	L	Pct	GB
Memphis	10	2	.833	—
San Antonio	12	3	.800	½
Oklahoma City	11	4	.733	½
Golden State	8	6	.571	3
L.A. Clippers	8	6	.571	3
Utah	8	7	.533	3½
Denver	8	7	.533	3½
L.A. Lakers	7	7	.500	4
Houston	7	7	.500	4
Phoenix	7	8	.467	4½
Dallas	7	8	.467	4½
Minnesota	6	7	.462	4½
Portland	6	8	.429	5
New Orleans	4	9	.308	6½
Sacramento	4	10	.286	7

Tuesday's results
Phoenix 91 Cleveland 78
Philadelphia 100 Dallas 98
Houston 117 **Toronto 101**
Minnesota 97 Sacramento 89
Indiana at L.A. Lakers
Monday's games — All Times Eastern
San Antonio 118 Washington 92
Brooklyn 96 New York 89 OT
Detroit 108 Portland 101
Oklahoma City 114 Charlotte 69
Memphis 84 Cleveland 78
Milwaukee 93 Chicago 92
Utah 105 Denver 103
New Orleans 105 L.A. Clippers 98
Wednesday's games
San Antonio at Orlando, 7 p.m.
Portland at Washington, 7 p.m.
Phoenix at Detroit, 7:30 p.m.
Brooklyn at Boston, 7:30 p.m.
Charlotte at Atlanta, 7:30 p.m.
Dallas at Chicago, 8 p.m.
Toronto at Memphis, 8 p.m.
New York at Milwaukee, 8 p.m.
Houston at Oklahoma City, 8 p.m.
Utah at New Orleans, 8 p.m.
Minnesota at L.A. Clippers, 10:30 p.m.

NFL — WEEK 13

AMERICAN CONFERENCE

EAST	W	L	T	Pct	PF	PA
New England	8	3	0	.727	407	244
Miami	5	6	0	.455	211	226
N.Y. Jets	4	7	0	.364	221	290
Buffalo	4	7	0	.364	243	319
SOUTH						
Houston	10	1	0	.909	327	211
Indianapolis	7	4	0	.636	230	273
Tennessee	4	7	0	.364	238	335
Jacksonville	2	9	0	.182	188	308
NORTH						
Baltimore	9	2	0	.818	283	219
Pittsburgh	6	5	0	.545	231	210
Cincinnati	6	5	0	.545	282	247
Cleveland	3	8	0	.273	209	248
WEST						
Denver	8	3	0	.727	318	221
San Diego	4	7	0	.364	245	237
Oakland	3	8	0	.273	218	356
Kansas City	1	10	0	.091	161	301

NATIONAL CONFERENCE

EAST	W	L	T	Pct	PF	PA
N.Y. Giants	7	4	0	.636	305	226
Washington	5	6	0	.455	295	285
Dallas	5	6	0	.455	242	262
Philadelphia	3	8	0	.273	184	282
SOUTH						
Atlanta	10	1	0	.909	294	216
Tampa Bay	6	5	0	.545	310	254
New Orleans	5	6	0	.455	308	304
Carolina	3	8	0	.273	214	265
NORTH						
Chicago	8	3	0	.727	277	175
Green Bay	7	4	0	.636	273	245
Minnesota	6	5	0	.545	248	249
Detroit	4	7	0	.364	267	280
WEST						
San Francisco	8	2	1	.773	276	155
Seattle	6	5	0	.545	219	185
St. Louis	4	6	1	.409	205	254
Arizona	4	7	0	.364	180	227

Thursday's game — All Times Eastern
New Orleans at Atlanta, 8:20 p.m.
Sunday's games
Arizona at N.Y. Jets, 1 p.m.
Carolina at Kansas City, 1 p.m.
Indianapolis at Detroit, 1 p.m.
Jacksonville at Buffalo, 1 p.m.
Seattle at Chicago, 1 p.m.
New England at Miami, 1 p.m.
Houston at Tennessee, 1 p.m.
Minnesota at Green Bay, 1 p.m.
San Francisco at St. Louis, 1 p.m.
Tampa Bay at Denver, 4:05 p.m.
Cleveland at Oakland, 4:25 p.m.
Cincinnati at San Diego, 4:25 p.m.
Pittsburgh at Baltimore, 4:25 p.m.
Philadelphia at Dallas, 8:20 p.m.
Monday, December 3
N.Y. Giants at Washington, 8:30 p.m.

AHL

Tuesday's result
Texas 5 Rockford 4
Wednesday's games — All Times Eastern
St. John's at Adirondack, 7 p.m.
San Antonio at Rochester, 7:05 p.m.
Hershey at Norfolk, 7:15 p.m.
Rockford at Chicago, 8 p.m.
Thursday's games
Oklahoma City at Houston, 8:05 p.m.
Friday's games
Springfield at Manchester, 7 p.m.
Bridgeport at Hershey, 7 p.m.
Binghamton at Adirondack, 7 p.m.
St. John's at Albany, 7 p.m.
Texas at Grand Rapids, 7 p.m.
Worcester at Portland, 7 p.m.
Connecticut at Providence, 7:05 p.m.
Syracuse at W-B/Scranton, 7:05 p.m.
Toronto at Rochester, 7:05 p.m.
San Antonio at Lake Erie, 7:30 p.m.
Chicago at Milwaukee, 8 p.m.
Oklahoma City at Houston, 8:05 p.m.
Hamilton at Abbotsford, 10 p.m.

NCAA

AP TOP 25

Friday's games — All Times Eastern
Pac-12 Championship
No. 8 Stanford vs. No. 17 UCLA, 8 p.m.
MAC Championship — At Detroit
No. 18 Kent St. vs. No. 19 Northern Ill., 7 p.m.
Saturday's games
No. 7 Kansas St. vs. No. 23 Texas, 8 p.m.
No. 12 Oklahoma at Texas Christian, 12 p.m.
No. 16 Oregon St. vs. Nicholls St., 2:30 p.m.
No. 24 Oklahoma St. at Baylor, 12 p.m.
No. 25 Boise St. at Nevada, 3:30 p.m.
SEC Championship — At Atlanta
No. 2 Alabama vs. No. 3 Georgia, 4 p.m.
ACC Championship — At Charlotte, N.C.
No. 13 Florida St. vs. Georgia Tech, 8 p.m.
Big 10 Championship — At Indianapolis
No. 14 Nebraska vs. Wisconsin, 8:15 p.m.

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WISE BUYERS READ THE LEGAL COPY: Vehicle(s) may be shown with optional equipment. Dealer may sell or lease for less. Limited time offers. Offers may be cancelled at any time without notice. Dealer order or transfer may be required as inventory may vary by dealer. See your Ford Dealer for complete details or call the Ford Customer Relationship Centre at 1-800-565-3673. ‡Until November 30, 2012, receive $250/ $500/ $1,000/ $1,500/ $1,750/ $2,000/ $2,250/ $3,000/ $3,750/ $4,000/ $4,750/ $5,250/ $5,500/ $5,750/ $6,000/ $6,500/ $7,000/ $7,250/ $8,250/ $9,000/ $9,250/ $10,000 in Manufacturer Rebates with the purchase or lease of a new 2012 Escape I4 Manual; 2013 Explorer Base/ 2012 Edge SE/ 2012 Focus S, Explorer Base FWD; 2013 Edge FWD (excluding SE), Flex SE, Transit Connect (excluding electric), E-Series, F-150 Regular Cab XL (4x2) Value Leader/ 2012 Fiesta S, E-Series; 2013 Mustang V6 Coupe, Taurus SE/2012 Flex SE/ 2012 Mustang Value Leader, Taurus SE, Transit Connect (excluding electric); 2013 F-150 to F-550 Chassis Cabs/ 2012 Fusion S/ 2012 Fiesta (excluding S), Explorer AWD (excluding Base)/ 2013 Mustang V6 Premium/ 2012 Mustang V6 (excluding Value Leader), Explorer FWD (excluding Base), F-150 to F-550 Chassis Cabs; 2013 F-250 to F-450 (excluding Chassis Cabs) gas engine/ 2012 Focus (excluding S), Fusion Hybrid, Edge AWD (excluding SE), Escape (excluding I4 Manual)/ 2012 Fusion I4 (excluding S and Hybrid)/ 2012 Mustang GT, Taurus (excluding SE), Flex (excluding SE); 2013 F-150 Regular Cab (excluding XL 4x2) non-5.0L/ 2012 Edge FWD (excluding SE)/ 2013 F-150 Regular Cab (excluding XL 4x2) 5.0L, F-250 to F-450 (excluding Chassis Cab) Diesel Engine/ 2012 Expedition; 2013 F-150 Super Cab and Super Crew non-5.0L/ 2012 F-250 to F-450 (excluding Chassis Cabs) Gas Engine/ 2012 F-150 Regular Cab (Excluding 4x2) non-5.0L/ 2012 F-150 Regular Cab (excluding XL 4x2) 5.0L/ 2012 F-150 Super Cab and Super Crew non-5.0L, F-250 to F-450 (excluding Chassis Cabs) Diesel Engines/ 2012 F-150 Super Cab and Super Crew 5.0L (all Raptor, GT500, 8055302, and Medium Truck models excluded). This offer can be used in conjunction with most retail consumer offers made available by Ford of Canada at either the time of factory order or delivery, but not both. Manufacturer Rebates are not combinable with any fleet consumer incentives. **Purchase a new 2012 F-150 XLT Super Cab 4x4 with 5.0L engine/2012 F-150 XLT Super Crew 4X4 with 5.0L engine/2012 F-250 XLT Super Cab 4X4 Western Edition with power seats for $27,885/$29,885/$39,999. Taxes payable on full amount of purchase price after Manufacturer Rebate of $10,000/$10,000/$7,250 has been deducted. Offers include freight and air tax of $1,700 but exclude variable charges of license, fuel fill charge, insurance, dealer PDI (if applicable), registration, PPSA, administration fees and charges, any environmental charges or fees, and all applicable taxes. Manufacturer Rebates can be used in conjunction with most retail consumer offers made available by Ford of Canada at either the time of factory order or delivery, but not both. Manufacturer Rebates are not combinable with any fleet consumer incentives. **Choose 6.99% annual percentage rate (APR) purchase financing on a new 2012 F-150 XLT Super Cab 4x4 with 5.0L engine/2012 F-150 XLT Super Crew 4X4 with 5.0L engine/2012 F-250 XLT Super Cab 4X4 Western Edition with power seats for a maximum of 72 months to qualified retail customers, on approved credit (OAC) from Ford Credit. Not all buyers will qualify for the lowest APR payment. Purchase financing monthly payment is $431/$465/$677 (the sum of twelve (12) monthly payments divided by 26 periods) gives payee a bi-weekly payment of $399/$274/$285 with a down payment of $2,000/$2,000/$3,000 or equivalent trade-in. Cost of borrowing is $5,169.65/$5,569.08/$5,189.30 or APR of 6.99% and total to be repaid is $53,054.65/$53,454.08/$44,388.30. Offers include a Manufacturer Rebate of $10,000/$10,000/$7,250 and freight and air tax of $1,700 but exclude variable charges of license, fuel fill charge, insurance, dealer PDI (if applicable), registration, PPSA, administration fees and charges, any environmental charges or fees, and all applicable taxes. Taxes payable on full amount of purchase price after Manufacturer Rebate deducted. Bi-Weekly payments are only available using a customer initiated PC (Internet Banking) or Phone Pay system through the customer's own bank (if offered by that financial institution). The customer is required to sign a monthly payment contract with a first payment date one month from the contract date and to ensure that the total monthly payment occurs by the payment due date. Bi-weekly payments can be made by making payments equivalent to the sum of 12 monthly payments divided by 26 bi-weekly periods every two weeks, commencing on the contract date. Dealer may sell for less. 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Limit one (1) Incentive per Eligible Vehicle sale, up to a maximum of two (2) separate Eligible Vehicle sales if valid proof is provided that the customer is the owner/lessee of two (2) separate Qualifying Conquest/Loyalty Models. Each customer will be required to provide proof of ownership/registration of the applicable Qualifying Conquest/Loyalty Model and the ownership/registration address must match the address on the new Buyer's Agreement or Lease Agreement for the Eligible Vehicle sale. Offer is transferable only to persons living in the same household as the eligible customer. This offer is subject to vehicle availability and may be cancelled at any time without notice. This offer can be used in conjunction with most retail consumer offers made available by Ford of Canada at the time of factory order or delivery (but not both). This offer is not combinable with CPA, GPC, Daily Rental Allowance, Taxes payable before Incentive is deducted. Dealer may sell or lease for less. See dealer for details. ***Estimated fuel consumption ratings for model shown: 2012 F-150 FFV 4.7L V8 6-speed automatic transmission: [14.9L/100km (19MPG) City, 10.5L/100km (27MPG) Hwy]. Fuel consumption ratings based on Transport Canada approved test methods. Actual fuel consumption will vary based on road conditions, vehicle loading, vehicle equipment, and driving habits. F-150: When properly equipped. Max. towing of 11,300 lbs with 3.5L EcoBoost and 6.2L 2-valve 412 V8 engines. Max. payload of 3,370 lbs with 5.0L Ti-VCT V8 engines. Class is Full-Size Pickups under 8,500 lbs GVWR, non-hybrid. Super Duty: Max. conventional towing capability of 17,500 lbs. on F-350 and max. 5th Wheel towing capability of 24,500 lbs. On F-450 when properly equipped. Max. payload capability of 7,700 lbs. on F-350 when properly equipped. Class is Full-Size Pickups over 8,500 lbs. GVWR vs. 2011/2012 competitors. †††Max. horsepower of 411 and max. torqued 434 on F-150 6.2L V8 engine. Class is Full-Size Pickups under 8,500 lbs GVWR, non-hybrid vs. 2011/2012 comparable competitive engines. ◆Some mobile phones and some digital media players may not be fully compatible - check www.syncmyride.com for a listing of mobile phones, media players, and features supported. Driving while distracted can result in loss of vehicle control, accident and injury. Ford recommends that drivers use caution when using mobile phones, even with voice commands. Only use mobile phones and other devices, even with voice commands, not essential to driving when it is safe to do so. SYNC is optional on most new Ford vehicles. ©2012 Sirius Canada Inc. "SiriusXM", the SiriusXM logo, channel names and logos are trademarks of SiriusXM Radio Inc. and are used under license. ©2012 Ford Motor Company of Canada, Limited. All rights reserved.

The 2013 Fiat 500 Turbo

ALL PHOTOS WHEELBASE

Engine

The base 500 hatch and Cabrio operate with a 101-horsepower 1.4-litre four-cylinder MultiAir engine and standard five-speed manual transmission. For 2013, the engine has been tweaked to produce 6.4 l/100 km in the city and 4.9 on the highway using premium fuel.

The 500's engine

2013 Fiat 500 Turbo

- **Type.** Two-door, front-wheel-drive, sub-compact hatchback
- **Engines (hp);.** 1.4-litre DOHC14, turbocharged (135)
- **Transmission.** Five speed manual
- **Base price (incl.destination).** $22,600

Design

The Turbo arrives with plenty of add-ons, including a distinctive nose and rear end (similar to the Abarth's), unique bodyside trim and alloy wheels. Along with a sport-tuned exhaust, the transmission, suspension and braking system have been beefed up to better handle the mushy handling traits.

Transmission

Keep in mind that the Turbo copies the Abarth's manual-transmission-only requirement, so if you're averse to giving your left foot and right arm a workout while driving, the decision has already been made for you. For the record, the Turbo's fuel consumption numbers are 7.1 l/100 km city and 5.7 highway.

Review. 500 is perfect for small car fans on a budget seeking quality

MALCOLM GUNN
Wheelbase Media

Chrysler-Fiat's Italian-bred sub-compact finally appears to be gaining headway with small-car shoppers.

That should become even more in evidence with the recent arrival of the Turbo that rounds out a four-model 500 lineup, which already includes a base 500, 500c Cabrio convertible and performance-focused 500 Abarth. Making its presence felt on the North American automotive stage has been challenging for the two-door 500, especially when compared to other more iconic and established makes, including its Mini Cooper nemesis.

The frugal 500 family still has some kilometres to go before reaching icon status in North America. In most cases, its youthful buyers have only minimal knowledge of the Fiat marque.

However, the fiat's quality has been proven over time and bridging the gap between base and Abarth is the new 500 Turbo. As the name implies, its 1.4-litre engine is also turbocharged, but has been detuned to 135 horsepower and 150 pound-feet of torque. That's 25 ponies less than the Abarth, but the $22,600 Turbo model also costs $3,000 less, which is fair.

Also note that the Turbo and the Cabrio are within $1,000 of each other, allowing you to choose between top-down summer fun or extra performance for roughly the same money. Hmm, decisions, decisions. The Turbo also comes with sporty-style bucket seats and fancier trim, while climate control, voice-activated navigation system, leather-covered and heated front seats and a Beats by Dr. Dre audio package are optional.

For small-car fans with champagne tastes on a beer budget, the 500 Turbo should manage to deliver some extra kick and give Fiat fans a more stylish way to get from A to B.

The slick but simple interior compliments the vehicle.

Sport-tuned exhaust

Dr. Dre audio package is optional.

By comparison

1 Mini Cooper
Base price: $25,700

2 Volkswagen Beetle
Base price: $23,600

3 Scion IQ
Base price: $18,300

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Complimentary Shuttle Service	✓YES	• NO	• NO	• NO
Wash & Vacuum	✓YES	• NO	• NO	• NO
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MSRP $28,040

#2EQ2416, Automatic trans., Bluetooth, OnStar, 5 yr 160,000 km. warr. Power windows, locks, keyless entry

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The best time to buy is nigh ...

Autopilot

AUTO PILOT
Mike Goetz
drive@metronews.ca

What do you call a car that turns left when you steer right and vice versa?

A Dislexus.

When it comes to telling a joke, even a bad one like the above, you have to be cognizant of timing. Same for buying a new vehicle. There are really no bad times to buy, but there are certain times of the year, month, and week, when some factors are definitely working in your favour. Let's have a look…

End of Year

Two factors work in your favour at the end of the year. Automakers and dealerships want to clear out current-year models to make room for next-year models. Dealerships receive substantial per-car rebates from their respective automakers when they attain certain yearly sales levels. (These rebates are unadvertised and go directly to the dealer.)

We're at the end of the year now. You've no doubt seen the adverts about how much money you can save by buying a 2012 model while supplies last.

Radek Garbowski of the online buying service Unhaggle.com, figures that the 2012 close-out activity is even more frenetic than in previous years: "Manufacturers are looking to drive sales records after rebounding from a few years of slowdown."

Garbowski adds that year-end incentives are even juicier when a manufacturer is set to replace a model with a totally revised one. Case in point is the 2012 Mazda6, which can currently be had with a $7,000 cash incentive.

The all-new 2014 Mazda6 is set to debut later this week at the Los Angeles Auto Show.

According to Garbowski, the heightened competition for year-end customers is felt by the individual dealerships, which are then prepared to offer even more discounts. He notes Unhaggle clients typically can save an extra $1,000 or more, above and beyond the incentives.

Pick a time from the options below and head to your nearest dealer for a bargain. HANDOUT

End of Month

Dealerships are very "monthly" focused when it comes to sales quotas, for the store and for individual salespeople. Sometimes managers and salespeople receive bonuses for reaching or exceeding those quotas. So salespeople and their managers are often never as motivated to seal a deal as they are in the last few days of the month.

But there is a caveat. Incentives change month to month.

When they are high, like they are this November, the longer you wait in the month the more you risk being caught out. This is particularly a factor at year-end, when there is a limited supply of those 2012 incentive-eligible vehicles. If you shop earlier in the month, you avoid the risk and get better selection.

End of Week

If dealerships throw on promotions, they typically do so on weekends and on the following Monday, when they might stay open later. Sales managers and salespeople often get psyched up to sell in these festive atmospheres, especially if they have some kind of friendly or monetary competition going on between the sales staff.

Might as well take advantage of their jazzed up mood, especially if they've got party favours on hand, like free coffee and Timbits. Hey, every little bit helps.

Top November incentives

1. 2012 Acura MDX: up to $9,000
2. 2013 Dodge Caravan: up to $8,100
3. 2012 Mazda6: $7,000
4. 2012 BMW 3 Series: up to $5,000
5. 2112 Nissan Sentra: up to $4,750
6. 2012 Toyota Rav4: up to $4,000

- **Source: Unhaggle.com.** Excludes high-end luxury models.

Tow the line: Pull your load with safety

Driving Force.
Having the right hitch and not overloading can prevent towing accidents

JIL MCINTOSH
drive@metronews.ca

Towing is a common activity, but a huge number of people aren't doing it correctly. If you're not, you're risking your safety and that of other road users, and putting unnecessary wear and tear on your vehicle.

"Most people towing a trailer have no idea of how well it can tow when it's set up properly," says hitch expert Andy Thomson, president of Can-Am RV Centre in London, Ont.

"The hitches they're using might be rated for the trailer they're towing, but if they're not strong enough to transfer the weight to the front wheels of the vehicle, you don't get a stable towing experience.

"You get blown around by crosswinds, and you might not have a lot of control if you have to make an emergency manoeuvre to avoid something.

"Putting weight on the front tires makes the vehicle stable because you're not overloading the rear suspension, and the trailer and vehicle act as one."

The trailer's weight is a factor, but people tend to overemphasize it, Thomson says.

"There are things that are a lot more important, such as the aerodynamic drag of the car and trailer. A trailer may only weigh 4,000 pounds, but if it's built like a shoebox, it's going to be very hard to tow.

"You have to look at the balance of the trailer, the type of suspension it has, if it has a long or short overhang, and if it's got the correct hitch weight, which will be 10 to 15 per cent of the weight of the trailer."

Many trucks and SUVs come with "tall" tires (a larger sidewall) because they give a smoother ride, but they can exhibit considerable lateral movement, a condition known as "squirminess." Switching to a lower-profile tire on the vehicle, and sometimes on the trailer, can make towing easier.

Asking a professional is always best, Thomson says, no matter what size your trailer is.

"Almost all trailer accidents resulting in serious injury or deaths have been utility trailers," he says.

"Someone buying a $25,000 RV has a big investment and he makes sure. But if someone buys a utility trailer, overloads it, doesn't have an adequate hitch and it comes off, that's what causes the problem."

Tips

- **Load warning.** Overloading your vehicle with cargo or a trailer can prematurely wear the brakes, suspension and transmission.
- **The lights are on.** Always ensure the trailer's lights and signals are working properly so drivers behind know when you're stopping or turning.

Check with an expert before buying and towing your trailer . HANDOUT

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#6276	#6278	#6277	#6279	#11013

©2012 smart Canada, a Division of Mercedes-Benz Canada Inc. Vehicle shown is the smart fortwo passion with optional equipment at an extra cost. [1]Total price is based on a smart fortwo pure, National MSRP of $14,400. Total price and down payment include charges of $2,060.48, consisting of freight/PDI of $1,395, dealer admin fee of $495, air-conditioning levy of $100, PPSA up to $50.48 and a $20.00 fee covering EHF tires, filters and batteries (taxes are extra). [2]Lease offer based on a new 2013 smart pure available only through Mercedes-Benz Financial Services on approved credit, for a limited time. Lease example is based on a 24-month term and a lease APR of 0.9% and an MSRP of $14,400. Monthly payment is $99 (excluding taxes) with 12,000 km/year allowance ($0.20/km for excess kilometers applies). Due on delivery is $2,410 down payment plus first month payment (plus taxes) for a total of $2810. Cost of borrowing is $175.51 for a total obligation of $5,360. Vehicle license, insurance, and registration are extra. Dealer may lease or finance for less. Offers may change without notice and cannot be combined with any other offers. See your authorized Mercedes-Benz Vancouver dealer for details or call the Mercedes-Benz Vancouver Customer Care at 604-331-BENZ (2369). Offer ends November 30, 2012.

Volvo's reliable, compact wagon delivers refined performance

Second Gear.
2005-2011 Volvo V50

JUSTIN PRITCHARD
Drive@metronews.ca

HANDOUT

The V50 served up Volvo's refined brand of stylish luxury and performance in a compact wagon with an eye for flexibility and space.

Noted for a laid-back driving experience, unique looks and a laundry-list of safety implements, it was a machine popular with families, outdoors enthusiasts and active couples alike.

Feature content included premium audio, a sunroof, leather seating, adaptive lights, an auto-dimming rearview mirror and plenty more.

Common Issues

Check for proper operation of the external temperature readout, climate control system, audio head-unit and all door-mounted controls, including the power locks, mirrors and windows. Ditto proper operation from the remote key fobs. Look for any "Check Engine" lights or warning messages, too.
Note that a humming sound or vibration, particularly from the rear of the vehicle at low to moderate speeds, could be a symptom of a problem with the All Wheel Drive (AWD) system, if so equipped. Note any harsh shifting or slipping from models equipped with the automatic transmission, too.

Some owners report misfiring, lumpy acceleration and hesitation in some situations, which may be caused by using non Volvo-recommended replacement spark plugs or fueling with 'regular' grade gasoline instead of premium.
Finally, most shoppers should avoid any used model with extensive modifications, especially to the engine or turbocharger system.

Engine

Look for five-cylinder engines in either naturally-aspirated or turbocharged variants, producing as much as 227 horsepower. Automatic or manual transmissions and All Wheel Drive were available depending on the model selected.

What owners like

Refinement, engine performance from the turbocharged mill, handling, interior styling and a feeling of safety and confidence were some of the most highly-rated aspects of the V50.

What owners dislike

Limited at-hand storage, fuel mileage and blind spots are among the most common owner-stated gripes. Some owners wish for a less-stiff ride, too.

Verdict

For peace of mind, have your potential V50 checked out by a Volvo mechanic ahead of your purchase. No hugely troublesome issues seem apparent in this generation, and a stock, non-turbocharged model will be the least costly to run.

Be frugal with your car's fuel intake with these top tips

Key factors. Tire pressure and choice of gas affect consumption greatly over time

According to Natural Resources Canada, the average age of the typical Canadian car is seven years, so to get the best fuel economy and life out of your vehicle, consider these top tips.

Check your tire pressure
The most overlooked factor is the effect an under-inflated tire has on fuel consumption and safety. Most tires lose about one (pound per square each) PSI per month naturally.

A tire that's under-inflated by just two PSI increases fuel consumption by one per cent. It may not seem like much, but according to the Rubber Manufacturers Association it adds up quickly. Around 4.5 billion litres of fuel are wasted each year in North America because of under-inflated tires.

Visually, you cannot tell if a tire is underinflated by two PSI. This is why it's important to check the pressures on a regular basis.

Choose the right fuel
The enemy of engine efficiency is engine "gunk," or harmful carbon deposits left behind on intake valves and fuel injectors. This gunk acts like a sponge, absorbing and trapping gasoline.

"By simply selecting a high-quality gasoline, you can cut down on the build-up of engine gunk," agrees Jim Macias, a fuels technology manager at Shell. "Tests prove that Shell Nitrogen Enriched Gasolines can protect your engine from gunk and can even clean up gunk left behind by lower quality gasolines. And a clean engine performs better and will help to maximize the fuel efficiency of your engine."

Keep up with your maintenance schedule
To prevent costly breakdowns, 94 per cent of Canadian mechanics surveyed by Leger Marketing recommend that vehicle owners change their engine oil at regularly scheduled intervals outlined by the owner's manual.

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Using the right fuel can save you money long term. NEWS CANADA

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*Models shown are the 2013 Forester 2.5X 5MT (DJ1-XO) / 2013 Outback 2.5i Convenience 6MT (DD1-CP) with MSRP of $28,105 / $30,605 including freight & PDI ($1,595), documentation fees ($395) and air and tire levies ($120). License, taxes, insurance and registration extra. **0.9% finance and lease rates available on all new 2013 Forester / 2013 Outback models for a 24-month term. Financing and leasing programs available through Toyota Credit Canada Inc. on approved credit. ***$500 Holiday Bonus offer applies only to lease and finance agreements for all new 2013 Forester / 2013 Outback models. ††$2,000 cash incentive is for cash customers only and is available on all new 2013 Forester models. Cannot be combined with Subaru Canada supported lease/finance rates or Holiday Bonus. Dealers may sell for less. Dealer order/trade may be necessary. **/***/††Offers valid until December 3, 2012. See your local Subaru dealer or www.western.subarudealer.ca for complete details. †Based on data provided by the Canadian Motor Safety Standards for the Compact SUV segment.

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Choose your first car with care

Price out your options. Avoid a hurried purchase and weigh up whether a rental or permanent buy is your best option

EMMA GODMERE
Drive@metronews.ca

Just picture it: It's been a long time coming, but you're in your first car with nothing in front of you but the open road.

Purchasing your first car is likely one of the biggest purchases you're ever going to make, second only to buying your first home. But before you start to shop around for your dream car, there are several things to consider. Should you go for new or used? And is it smarter to buy or lease? Different options are going to work for different people, advises Silvana Aceto, spokesperson for CAA South Central Ontario.

"Look at how often you're going to be using this vehicle and how far you're going to be driving," she says. If you're planning on driving long distances regularly, you may want to consider buying to sidestep the mileage restrictions of leasing.

On the other hand, leasing means lower monthly payments and the opportunity to trade in for a new model every three or four years. Aceto recommends making the effort to price out your options. Many car companies have online tools that will help illustrate the cost differences between leasing and buying their vehicles.

Resources such as the Automobile Journalists Association of Canada and Consumer Reports also offer more information about makes and models as you figure out which kind of car will best fit your lifestyle, while the Canadian Black Book is an ideal guide for anyone considering used cars.

There are key pros and cons involved in purchasing a used vehicle. "You have to consider that you could be buying someone else's problems," warns Aceto. New cars, however, will likely require fewer repairs in the first few years of ownership and are also supported by manufacturer's warranties. But buying used might be easier on your wallet. "Typically, you pay less to insure a used vehicle as opposed to a brand new vehicle," she says.

Ultimately, when it comes to shopping for insurance and finding your ideal car, extensive research is your best friend.

"There is homework and legwork involved, but it will pay off in the end," says Aceto. "Take your time, this is an expensive purchase, and you do not want it to be an impulse buy."

Buying your first car is one of life's most important purchases, so make sure you make the right choice. HANDOUT

Start sharing

Life questions. This is the third in a week-long series of articles chronicling some of the rites of passage many of Metro's readers will experience as they leave the nest or school and head out on their own.

- **Question.** Do you remember your first car or are you planning on buying your first one? Maybe you have some tips.
- **Share.** Visit metronews.ca/features/firsts, tweet us or even turn to the person next to you and share your stories.

Smart steps to take before you buy

- **Talk to family and friends.** Chances are, they're car owners too and will be able to recommend models and dealers they've used in the past.
- **Check your credit history.** New car owners will likely require loans to support their purchase. Doing your own credit check before you visit dealerships ensures your credit score won't dip from running too many inquiries on your credit report.
- **Take a test drive.** Once you have your choices narrowed down to a few cars, take them out for a spin. "Make sure that you take the vehicle out for 30 to 40 minutes on routes that you would normally drive," Aceto suggests.

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Horoscopes

Aries
March 21 - April 20
You will get plenty of advice over the next 24 hours, some of it good and some of it bad. How do you know which is which? By listening not to other people but to your own inner voice. It knows all the answers.

Taurus
April 21 - May 21
The more you feel the need to prove yourself, the more care you must take when dealing with people whose opinions may be very different to your own. Say the wrong thing and it could impact you financially.

Gemini
May 22 - June 21
Even if you are one of those rare Geminis who tries to avoid the limelight, all your instincts are telling you to put yourself out there and get noticed. Do something out of the ordinary, something that makes a lasting impression.

Cancer
June 22 - July 23
There seems to be a lot of resentment in your mind but there is no point being angry with people for what they have said because they can't un-say it. It's up to you to put it behind you. Move on.

Leo
July 24 - Aug. 23
You will say something that is less than positive about a friend today but there is no need to feel guilty about it because it's the truth. A few choice words are just what they need to set them straight.

Virgo
Aug. 24 - Sept. 23
You don't have to be ruthless but the Lunar Eclipse warns you do have to protect your interests. Someone who envies your success will try to undermine you today. You know who they are. Deal with them severely.

Libra
Sept. 24 - Oct. 23
Tell the truth as you see it today, even if you know it is likely to offend someone you are fond of. It is important that they can see things from an alternative point of view. Without it they'll make a huge mistake.

Scorpio
Oct. 2 04 - Nov. 22
The planets warn that anyone who approaches you with a money-making idea over the next 24 hours is not to be trusted. The more enticing it sounds the more likely it is you will lose your investment. Give it a miss.

Sagittarius
Nov. 23 - Dec. 21
It's not easy to turn the other cheek when someone hurts you but you would be wise to today. If you get drawn into a dispute it will escalate quicker than you expected, so give revenge a miss.

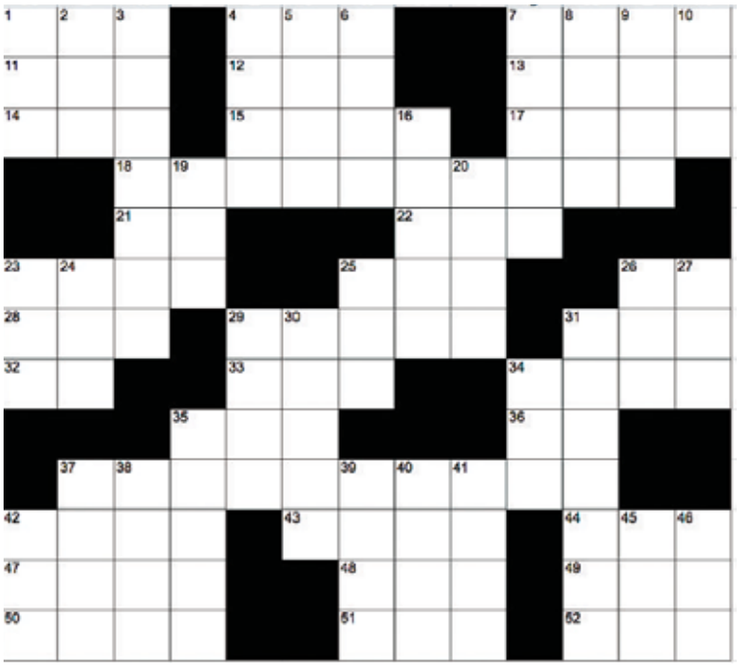
Capricorn
Dec. 22 - Jan. 20
Avoid getting involved in anything that others might see as deceptive or crooked. Facts often mean less than impressions, so don't let people get the impression that you are up to no good.

Aquarius
Jan. 21 - Feb. 19
You are on the right side and nothing anyone can say is going to change your mind. That's fine but be aware that too rigid an outlook limits true understanding. Being right isn't everything.

Pisces
Feb. 20 - March 20
If you don't feel up to going out with your friends, just let them know you need some time to yourself. The Lunar Eclipse makes this the kind of day when you want to hunker down and stay inside your own four walls. SALLY BROMPTON

Crossword

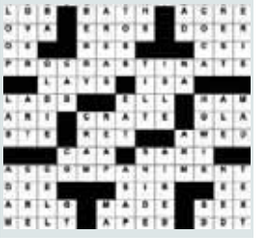
BY BETTY MARTIN



Across
1. Angry
4. Fishing need
7. Charmed actress McGowan
11. Spring month (abbr.)
12. Desperate Housewives star Longoria
13. Role for Hal Holbrook in Evening Shade
14. Average grade
15. Flying (prefix)
17. Transmit
18. Filling out an envelope
21. Just Shoot —
22. Preserve fruit
23. Baldwin of 30 Rock
25. The Joy Luck Club author
26. Post script (abbr.)
28. According to
29. Dole out
31. Ocean
32. Baronet
33. In tune with the latest fashion
34. Ollie's partner
35. Found on the farm
36. Night time medical drama
37. Clean our teeth with this
42. Abuse
43. Without
44. Exclamation of surprise
47. Sword
48. Author of "The Raven"
49. Mate for woman
50. Barracks food hall
51. Saturday late night skit show (abbr.)
52. Pig's abode

Down
1. Apple computer
2. Mimic
3. Romanticist
4. Peruse
5. — and above
6. Truth or —
7. Saran
8. Baking need
9. "I Never — for My Father"
10. Halt
16. Fashion designer: —- de la Renta
19. Christmas mo.
20. Perfectly coherent
23. NYPD Blue notice (abbr.)
24. Allow
25. Knock lightly
26. Small green veggie
27. The Streets of — Francisco
29. Take a stab at
30. —- and lows
31. Brooks
34. Lay down
35. Holmes on —-
37. Pre-record
38. Minerals
39. Gladys Knight & the —
40. Soon
41. Stitch up
42. Alter a skirt or dress
45. The Cat in the —
46. "— Given Sunday"
54. Neighbour of ND

Yesterday's Crossword



What's online

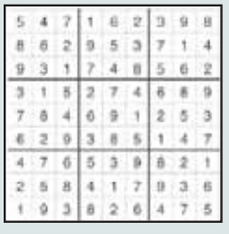
See today's answers at metronews.ca/answers.

Sudoku

How to play
Fill in the grid, so that every row, every column and every 3x3 box contains the digits 1-9. There is no math involved. You solve the puzzle with reasoning and logic.

5		7	6				9	
			1	8		2		
2					4			
8							5	7
1		5				6		4
3	9							2
			8					6
		4		2	1			
	5				3	7		1

Yesterday's Sudoku



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HWY: 5.6L/100 KM
CITY: 8.7L/100 KM

Limited model shown

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HWY: 6.7L/100 KM
CITY: 10.1L/100 KM

Limited model shown

2013 SANTA FE

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FRIENDS & FAMILY SELLING PRICE **$27,109**•

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